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Tuesday, October 30, 2012

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Storm's havoc could last days

Superstorm Sandy. City bracing for flooding, outages and flight groundings

Hurricane Sandy will test Toronto's ability to deal with a storm unlike any in recent history, officials said Monday.

Although the city has contended with its share of flooding, mass power outages and harsh thunderstorms, city manager Joe Pennachetti said it's "the length and scope of this storm that is different."

Blair Peberdy, a vice-president at Toronto Hydro, said he has never seen anything like it. "Certainly not in my career, if the forecasts are what they say they are. I don't think we've seen one come through as strong as this one."

Toronto Hydro is predicting tens of thousands of homes could be without power for as long as a couple of hours to several days.

The storm, which is expected to take a direct path through Southern Ontario from New York, will pummel the GTA with high winds and heavy rains by Tuesday night.

Residents are encouraged to clear storm-sewer grates of leaves and stock up on food, water, flashlights and batteries.

There are 32 areas in Toronto, including parts of North York, Scarborough and the Beach, that are prone to "chronic" basement flooding during intense storms.

"We do expect heavy rainfall, but it's spread out over a number of hours, so the sewer system should be able to keep up with it," said Lou Di Gironimo, general manager of Toronto Water. "The problem is if the leaves get into the catch basin and start plugging up some of the storm sewers, you may see localized flooding."

TORSTAR NEWS SERVICE

Batten down the hatches

"We are expecting very strong winds, in some situations up to 90 km/h, and some heavy, heavy rainfall. This means there is potential for materials blowing onto the streets, falling tree branches, flooding and power outages."

Mayor Rob Ford

Storm casualty

- A flying piece of debris struck and killed a woman in her 50s on Monday evening, police said. The accident happened outside a Staples store at Keele Street and St. Clair Avenue West, when the store sign flew off because of strong winds. The woman died on scene of trauma to the head.

Heavy surf crashes over a seawall in Narragansett, R.I., on Monday. Superstorm Sandy forced the shutdown of mass transit, schools and financial markets in the northeastern United States, sending coastal residents fleeing and threatening a dangerous mix of high winds and soaking rain. More coverage, pages 10-12. For a photo gallery and updates, go to metronews.ca. STEVEN SENNE/THE ASSOCIATED PRESS

Guide to getting through it

Here's what Torontonians can expect from Sandy:

- **Wind damage? Good chance.** Environment Canada is calling for heavy winds gusting between 90 and 100 km/h that have the strength to rip branches from trees and even knock them down.
- **Flooding? Maybe.** Laurian Farrell of the Toronto and Region Conservation Authority says the danger is the fact that Sandy was preceded by a rainy weekend in the GTA. "Every single river is poised to flood if we get more (rain)."
- **Power outages? Good chance.** Toronto Hydro is expecting outages caused by trees and branches knocking down power lines. For hydro outages, call 416-542-8000. Toronto Hydro will be posting updates on its website as well as tweeting details @TorontoHydro.
- **Tough commute? Maybe.** The TTC is anticipating bus and streetcar delays, but subways should move normally. If water does get into the subway system, buses will be deployed.
- **Cancelled flight? Good chance.** Check the status of your flight before heading to the airport, especially if you're travelling anywhere in the U.S. northeast.
- **School's out? Not likely.** Sorry, kids.

A starlet is born?

After grabbing headlines this summer for her meltdown on an Air Canada flight, senator's wife Maygan Sensenberger has booked film roles PAGE 9

Not tonight, dear. I'm tweeting

A new study suggests social-media activity is more irresistible than smoking, alcohol — and sex PAGE 9

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Scarborough Town Centre, Section C
Chartwell Shopping Centre
1885 Kennedy Rd
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Glowing casino report puts pressure on council

Big gamble. Report predicts fiscal benefits, jobs, but also warns of gambling problems

Toronto councillors are under increasing pressure to welcome a downtown casino-resort thanks to a report predicting thousands of new jobs and enough new revenue to wipe out the city's annual budget crunch.

"If the hosting fees and the property-tax revenues are anywhere near (the predictions), the fiscal benefits to the city would be significant enough to virtually solve our operating fiscal sustainability budget," city manager Joe Pennachetti told reporters after the release of his report Monday.

That will be music to the ears of Mayor Rob Ford and allies who have said their support hinges on job creation and positive economic impacts for the city. It will also ratchet up already-frenzied lobbying by operators eager to build in Toronto, particularly downtown.

Paul Godfrey, chair of Ontario Lottery and Gaming Corp., favours an "iconic" casino resort on Toronto's waterfront, and wants city council to vote by early 2013 on hosting a casino. Pennachetti is recommending that Ford's executive committee authorize public consultations based on the report, with a council vote likely in March.

City-commissioned consultants Ernst & Young predicted the biggest jackpot for the municipality, $195 million per year, would come from a resort in downtown Toronto.

But the report also notes that Toronto's medical officer of health is warning a casino will turn some into problem gamblers. TORSTAR NEWS SERVICE

Critics' retort

Critics took aim at the report's underlying consultant's study, noting its disclaimer about "unaudited" numbers, and a prediction that Toronto could get $168 million a year for hosting a casino. Windsor and Niagara each get just $3 million.

- "These are empty numbers and they don't constitute an argument for or against a casino," said Coun. Adam Vaughan. "These reports are what casinos tell you — 'Come in and you'll win.' It's fake."

Fraud trial

Sick Kids agreed to name atrium after accused man

The Hospital for Sick Children agreed six years ago to name an atrium after a man now accused of fraud in return for an $8-million donation, a judge has heard.

But Walter Garrick never paid the money and could not be contacted after an initial flurry of negotiations, testified Cynthia Ounpuu, former vice-president of the Sick Kids Foundation, the hospital's fundraising arm. "Numerous times I tried to contact him, by phone, email — no response," Ounpuu told Garrick's fraud trial Monday. The Crown alleges Garrick, 42, defrauded five people between 2004 and 2007, including one-time child actor Ken Vadas, former Toronto Argonauts quarterback Damon Allen and former team coach Michael "Pinball" Clemons out of more than $200,000.

His goal was to raise his own profile, said Ounpuu.
TORSTAR NEWS SERVICE

Toronto Hilton

Owner fined $70,000 after staffer loses fingers

A hotel company has been fined $70,000 after one of its workers lost some of his fingers on the job. Last August a Toronto Hilton employee saw a leak during a routine test on the emergency generator equipment. His hand slipped into a fan, which cut off his fingers. Northstar Hospitality GP Inc. was fined for violating the Occupational Health and Safety Act. Northstar pleaded guilty.
TORSTAR NEWS SERVICE

Scarborough

Car crashes into grocery store

A woman in her 70s was sent to hospital with life-threatening injuries after a car crashed into a Scarborough store Tuesday at 2300 Lawrence Ave. E. Police said the car pinned the lady between some shipping pallets. She is currently being treated in hospital with head injuries.
TORSTAR NEWS SERVICE

Gravy for football fields?

A freedom-of-information request shows Ford's staff sought provincial funding for one football-related project — a major renovation of the field at Etobicoke's Don Bosco Catholic Secondary School, where Ford is head coach and where his summer team, the Rexdale Raiders, holds practices. In 2010, Ford, then a councillor, negotiated a deal with Lowe's, which was developing property in his ward, to give $75,000 in "Section 37" funds to Don Bosco to improve the change rooms. Council approved the arrangement, which was publicly disclosed. TORSTAR NEWS SERVICE

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Crime. Cabbagetown killer believed to have a limp

The man suspected of following and fatally stabbing a hotel cleaner has a limp, police revealed Monday.

This detail, obtained from security video, may be the breakthrough police need as they pore over 200 hours of surveillance camera footage while investigating the murder of Nighisti Semret.

The 55-year-old woman was walking home after finishing her Delta Chelsea Hotel shift at 6:30 a.m. last Tuesday. She was stabbed to death at 7 a.m. in an alleyway on the south side of 510 Ontario St.

Two physicians, one an Oshawa orthopedic surgeon, confirmed to police the suspect has a limp on the left side, said Det. Sgt. Gary Giroux.

Giroux released new surveillance-camera footage of the Cabbagetown murder victim and her suspected killer.

Murder victim Nighisti Semret
TORSTAR NEWS SERVICE

The footage, taken last Tuesday from various cameras from a nearby underground parking garage on Bleecker Street, shows the suspect walking east while trailing Semret on Bleecker.

TORSTAR NEWS SERVICE

Allies. Coalition forms to fight Toronto's plastic-bag ban

A coalition of environmentalists, retailers and taxpayer advocates has formed to fight Toronto's upcoming ban on plastic bags.

The alliance of 15 organizations launched a campaign at city hall on Monday to inform the public about the ban's shortcomings.

Spokesman Kevin Gaudet says eliminating plastic bags will cause job losses in the plastic-manufacturing industry, including family-owned small businesses. The coalition says the ban won't reduce pollution, as some supporters have argued.

Coalition spokesman Kevin Gaudet.
RICHARD LAUTENS/TORSTAR NEWS SERVICE

THE CANADIAN PRESS

TTC union leader Bob Kinnear gets fourth term

The outspoken president of the TTC workers' union has been acclaimed to a fourth three-year term at the head of the Amalgamated Transit Union Local 113, representing about 10,000 transit employees.

Bob Kinnear, 42, said he's ready for the challenges confronting the labour movement and public transit.

"We look out for our membership. But just as importantly, we look out for public transit in the city," Kinnear said Monday.

It's the first time in 50 or 60 years, the ATU local has acclaimed a president, he said. The union recently launched a million-dollar ad campaign extolling the value of its behind-the-scenes members.

TORSTAR NEWS SERVICE

Barb Gordon is determined to leave up her Halloween decorations, even with Sandy bearing down — though by the end of the photo session Monday she was having second thoughts. COURTESY OF KEITH BEATY

Halloween called off? Spooky, but a real fear

Sandy. Toronto has no intention (so far) of cancelling Halloween if the superstorm wreaks havoc — but there is precedent

Nailed to wooden planks and covered in painter's plastic, Barb Gordon's massive Harry Potter, Michael Jackson and Indiana Jones paintings have hunkered down a storm-drenched Halloween before.

Gordon said they've even flapped resolutely through 70 km/h gusts. So, despite a slew of municipal and provincial warnings on Monday about superstorm Sandy winds whipping Halloween decorations from front lawns, the family lawyer and hobbyist painter is pooh-poohing the possible damage. Strip the decorations and cancel Halloween? What a frightening thought.

"I think I'm just leaving things to fate — that's the plan," Gordon said of her popular annual neighbourhood display.

But with superstorm Sandy swirling and expected to hit Toronto by Tuesday, fate is not a concept that sits well with city governments and emergency-response teams.

The City of Toronto and the provincial Emergency Management Ontario are encouraging residents to either remove or secure Halloween decorations as one of several storm-safety recommendations.

Cancelling Halloween, which is not a public holiday, altogether is a trickier move — but politicians have tried.

In 1976, then-Metropolitan Toronto chairman Paul Godfrey decreed Halloween to fall on Oct. 30 because there would be an extra hour of sunlight before clocks were set back an hour the next day.

During the H1N1 flu outbreak in 2009, three Newfoundland and Labrador towns cancelled Halloween over rampant health concerns.

Last year, after the so-called Halloween nor'easter dumped record amounts of snow on the Northeastern U.S., several towns across New Jersey and Connecticut cancelled the holiday.

But whether or not city officials have jurisdiction over the holiday — and if people even listen — remains a murky matter. A City of Toronto spokesperson called trick-or-treating an "informal neighbourhood activity" and a decision that ultimately rests with parents and their children.

Toronto police said the squad would not enforce a cancellation.

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Community housing

City council mulls real estate moves

A report recommending the sale of 55 standalone houses each worth at least $600,000 goes before city council Tuesday as a recommended way of funding repairs to neglected public-housing units.

If the sale gets the go-ahead, the city-owned Toronto Community Housing Corp. would retain 564 standalone homes while freeing up $35.5 million for repairs to other units in the 58,500-unit portfolio.

The Ontario government started taking bids Aug. 15 for the vacant land. The local councillor, Kristyn Wong-Tam, wants to turn it into a park named for the late urbanist Jane Jacobs.

TORSTAR NEWS SERVICE

Kristyn Wong-Tam TORSTAR NEWS SERVICE

Jameson and King

Woman's body found in home

Police are investigating a suspicious death in Toronto's west end. Officers were called to a home just before 1 p.m. Monday. Police say they found a woman's body with obvious signs of trauma. CFRB/680NEWS/THE CANADIAN PRESS

Lawrence and Allen

Man shot dead in front of home

Toronto police are investigating after a man was shot dead in front of a house.

Police say shots were fired on Flemington Road in the Lawrence and Allen area just after midnight on Monday.

A man in his 20s was found on the driveway of a home with gunshot wounds.

Police say he was rushed to hospital in critical condition, but has since died of his injuries.

At least three people have been taken into custody.

680NEWS/THE CANADIAN PRESS

For more local news, go to metronews.ca

Scary cereal killers make brief visit

Halloween. Count Chocula, Franken Berry, Boo Berry shipped from U.S. to a few select shelves in Toronto

Quoted

"Everyone that comes in to buy it tells me that they remember it when they were kids. We had it filling the store window and anyone walking by would come in to comment on it or they'd just buy 10 boxes."

The Nutty Chocolatier employee Nicola McGroarty

Count Chocula and Franken Berry and Boo Berry are treats of old, and there is only one place to get them: The Nutty Chocolatier. Employees say they've been flying off the shelves and they only have a few boxes left. Nicola McGroarty places stock on the shelf. RENE JOHNSTON/TORSTAR NEWS SERVICE

For some, Halloween is about trick-or-treating.

For others, it's about cereal, because that's when the elusive and tasty General Mills cereals Count Chocula, Franken Berry and Boo Berry are most likely to appear on Canadian store shelves.

The 1970s cereals are today available only around Halloween. Even then, it's tough to get your hands on the monster-themed cereals in Toronto because they have to be ordered from the States, explains Catherine Jackson, a spokesperson for General Mills.

Curious Canadians with a hankering for a '70s-era breakfast consult online forums for cereal sightings.

She says the products were removed from Canadian shelves years ago because of low consumer demand. Now they're available only at the end of October in the U.S.

One place you can buy them in Toronto is The Nutty Chocolatier, 2179 Queen St. E., in the Beach, where employee Nicola McGroarty says the products have been flying off the shelves.

"It's extremely popular with adults," she says. "The most popular thing in the store right now."

McGroarty says the store has stocked the cereal in limited quantities in recent years.

She figures it's the limited availability and nostalgia factor that drive sales.

"It's more special because people know that they can't get it all year round and they have something to look forward to when Halloween rolls around."

TORSTAR NEWS SERVICE

Most Canadians say Black should be stripped of Order of Canada

Conrad Black
CHRIS YOUNG/THE CANADIAN PRESS

Almost two-thirds of Canadians say Conrad Black should be stripped of his Order of Canada, according to a new poll by Forum Research Inc.

The random telephone survey was conducted Saturday, shortly after Black called one British TV interviewer a "jackass" and another a "priggish, gullible ... fool" for questioning his protestations of innocence during interviews to promote his new book.

"For a media baron he's done a terrible job of promoting himself and explaining," Forum president Lorne Bozinoff said Monday, describing the combative television appearances as "a disaster."

The poll found 63 per cent of respondents agreed Black should have the Order of Canada, bestowed on him in 1990, taken away.

Just under one-fifth, or 19 per cent disagreed, and 18 per cent said they didn't have an opinion.

TORSTAR NEWS SERVICE

Advisory council

- Conrad Black told the CBC last week he'd return the gold-edged Order of Canada badge before giving "junior officials the evidently almost aphrodisiacal pleasure of throwing me out."
- The order is administered by an advisory council that is mandated to consider terminating a member convicted of a criminal offence.
- Only four people have had the order stripped, including Alan Eagleson.

RICK MERCER REPORT
This week Rick enjoys our autumn splendour when he goes kayaking with Olympic Champion Adam van Koeverden in Algonquin Park, ON.
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- Crossroads Plaza
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- Lawrence Square
- North York Sheridan Mall
- Sheppard Centre
- Yorkgate Mall

OAKVILLE
- Hampshire Gate at Dundas
- Oakville Place

ORANGEVILLE
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OSHAWA
- Five Points Mall
- Oshawa Centre

PICKERING
- Pickering Town Centre

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- Hillcrest Mall

SCARBOROUGH
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- Cedarbrae Mall – Kiosk
- Malvern Town Centre
- Parkway Mall
- Scarborough Town Centre

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- Brady Square
- New Sudbury Centre
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TORONTO
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- 2171 Queen St E
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Social media used as means for child trafficking

Real dangers. Seemingly innocent flirtation leads to horror as predators find new tools to entrap girls

When a 14-year-old girl received a Facebook friend request from an older man she didn't know, she accepted it out of curiosity. It's a click she will forever regret, leading to a brutal story that has repeated itself as sexual predators find new ways to exploit Indonesia's growing obsession with social media.

The junior-high student was quickly smitten by the man's smooth online flattery. They exchanged phone numbers, and his attention increased with rapid-fire texts. He convinced her to meet in a mall, and she found him just as charming in person.

Predators on Facebook

"So far this year, 27 of the 129 children reported missing (in) Indonesia ... (were) abducted after meeting their captors on Facebook."

Merdeka Sirait, chairman of the National Commission for Child Protection.
One of the 27 has been found dead.

They agreed to meet again. After telling her mom she was going to visit a sick girlfriend on her way to church choir practice, she climbed into the man's minivan near her home in Depok, on the outskirts of Jakarta.

The 24-year-old man, who called himself Yogi, drove for an hour to the town of Bogor. He locked her in a small room inside a house with five others.

THE ASSOCIATED PRESS

In this Oct. 19 photo, Indonesian youths browse at a café. There are eight cases this month of girls being abducted. TATAN SYUFLANA/THE ASSOCIATED PRESS

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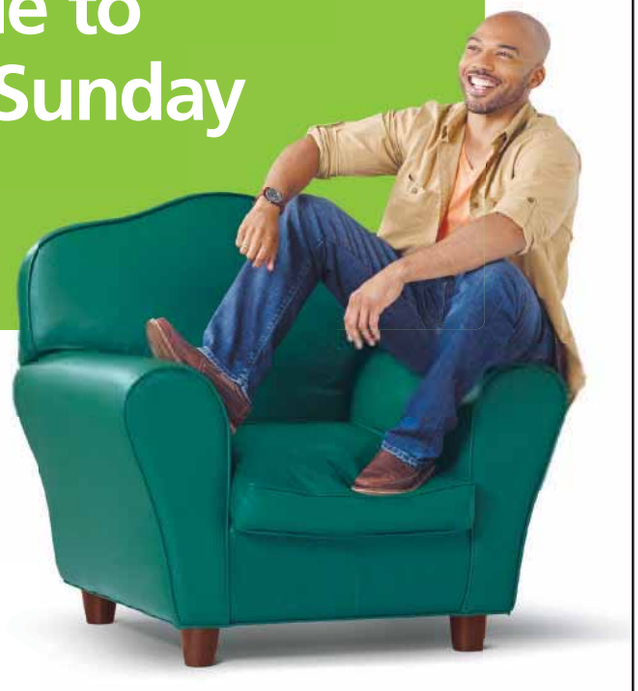

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Myanmar. Violence between Muslims and Buddhists raises concern

Survivors of ethnic clashes in western Myanmar lashed out at the government Monday for failing to prevent violence between Muslims and Buddhists that has displaced more than 28,000 people over the last week.

The crisis, which first began in June, has raised international concern and posed one of the biggest challenges yet to Myanmar's reformist President Thein Sein, who inherited power from a xenophobic military junta last year.

The latest violence between ethnic Rakhine Buddhists and Rohingya Muslims began Oct. 21 and has left at least 84 people dead and 129 injured, according to the government. Human-rights groups believe the true toll could be far higher.

"The authorities are not solving the problem and soldiers are not defending us," said Kyaw Myint, a Muslim man who took refuge at Thechaung camp, outside Sittwe. He fled his home in nearby Pauktaw when it was torched Wednesday.

"I feel as though I am in hell," he said. "We have no one to take care of us, no place to go, and now no job to earn a living."

Root cause

"We are helpless because the government is not dealing with the root of the problem."

Rakhine trader Maung Than Naing, 37

A 37-year-old Rakhine trader named Maung Than Naing, reached by phone in the village of Kyauktaw, also expressed anger over the government's handling of the violence.

"We are helpless because the government is not dealing with the root of the problem," he said. "We no longer want to live with the Muslims."

Maung Than Naing, who also lost his home in an arson attack, blamed the Rohingya for breaking the calm. "These poor Muslim people who live hand to mouth burned their own homes so that they enjoy the UN aid where they are given shelter and free food," he said. Many Rohingya have lived in Myanmar for generations. THE ASSOCIATED PRESS

Animal-rights activism

Hundreds of lab monkeys killed: Activist group

An animal-rights group has published pictures and video of hundreds of monkeys the group says were killed by a primate breeding farm on the island nation of Mauritius.

The animal-rights group BUAV said the monkeys are being bred for sale to labs in the U.S. and Europe. The group says the monkeys were killed because they had grown too big to sell. BUAV says the killings took place at a lab called Noveprim.

THE ASSOCIATED PRESS

Egypt

Coptic Christians to select new pope

A council of Egypt's Coptic Christians voted on Monday in a process that will lead to the selection of a new pope for the ancient church, as the community struggles to assert its identity and rights amid a rising tide of Islamism that has left many Copts fearful for their future. The succession follows the March death of Pope Shenouda III at the age of 88, after 40 years as the leader of the Coptic Orthodox Church. THE ASSOCIATED PRESS

Sensenberger seeking new spotlight

Maygan Sensenberger during an interview on Parliament Hill, Thursday. The 23-year-old met 69-year-old Sen. Rod Zimmer in Toronto four years ago. Their age difference drew stares immediately. SEAN KILPATRICK/THE CANDIAN PRESS

Unruly passenger. Wife of senator, an aspiring actress, doesn't want to be known as 'the crazy Air Canada lady'

As her face flashed across television screens throughout the Saskatoon airport's boarding area, Maygan Sensenberger slunk a little lower into her seat. An aspiring actress and model, she'd always dreamed of being famous. Just not like this.

All Sensenberger, 23, wanted to do was get home to Ottawa after pleading guilty to causing a disturbance on an Air Canada flight she took in August along with her 69-year-old husband, Liberal Sen. Rod Zimmer.

But her sensational case — she was accused at one point of threatening to kill her husband — had attracted intense media scrutiny and public interest.

The couple had been on the way to Saskatoon for Zimmer's mother's interment the night of the fateful flight. Neither will discuss the details of precisely what happened.

Witnesses reported Zimmer was in medical distress and Sensenberger was equally distressed when she felt no one was giving him enough help.

Zimmer suggested the whole thing was his fault after he tried to convince her his health was fine.

At first, Sensenberger planned to lie low for a while. But she quickly got bored.

She started sending out headshots, and soon landed roles in two consecutive independent films. She intends to keep at it, while learning to navigate Ottawa's political waters. THE CANADIAN PRESS

Tweets over sheets. Social media more irresistible than sex, study shows

A new study suggests social-media activity, such as checking tweets and email, trumps sex, as well as smoking and alcohol, in terms of sheer irresistibility.

The University of Chicago Booth School of Business, operating in Germany, used smartphone-based surveys to check the desires of 205 men and women, most of whom were college-aged, ABC News reported.

For one week, the phones buzzed seven times daily alerting the students to take a survey on the type, strength and timing of their desires (for sex and/or using social media) and their ability to resist them.

While the desire for sex was stronger, the study subjects were more likely to cave in to the desire to use media, including email and social networking platforms like Facebook and Twitter, according to the study. TORSTAR NEWS SERVICE

A study has found that the desire to use social media trumps sexual desire. DAN KITWOOD/GETTY IMAGES

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Welcome to Sandy land

Faster, stronger than expected. Storm loses hurricane status, but it remains every bit as powerful and dangerous

Superstorm Sandy slammed into the New Jersey coastline and hurled a record-breaking four-metre surge of seawater at New York City on Monday, roaring ashore after washing away part of the Atlantic City boardwalk and putting the presidential campaign on hold.

Just before its centre reached land, the storm was stripped of hurricane status, but the distinction was purely technical, based on its shape and internal temperature. It still packed hurricane-force wind, and forecasters were careful to say it remained every bit as dangerous to the 50 million people in its path.

The National Hurricane Center announced at 8 p.m. that Sandy had come ashore near Atlantic City. The sea surged a record of nearly four metres at the foot of Manhattan.

In an attempt to lessen damage from the storm, New York City's main utility cut power to about 6,500 customers in lower Manhattan. Authorities worried that seawater would seep into the New York subway and cripple it, along with the electrical and communications systems that are vital to the nation's financial centre.

As it closed in, Sandy knocked out electricity to more than 1.5 million people and figured to upend life for tens of millions more. It smacked the boarded-up big cities of the Northeast corridor, from Washington and Baltimore to Philadelphia, New York and Boston, with stinging rain and gusts of more than 135 km/h.

As it made its way toward land, it converged with a cold-weather system that turned into a fearsome superstorm, a monstrous hybrid consisting not only of rain and high wind but of snow. Forecasters warned of six-metre waves bashing into the Chicago lakefront and up to 90 centimetres of snow in West Virginia.

Hundreds of thousands of people were under orders to move to higher ground. The storm knocked out electricity to more than a million people, and storm damage was projected at $10 billion to $20 billion, meaning it could prove to be one of the costliest natural disasters in U.S. history.

President Barack Obama and Mitt Romney suspended their campaigning with just over a week to go before Election Day.

At the White House, Obama made a direct appeal to those in harm's way: "Please listen to what your state and local officials are saying. When they tell you to evacuate, you need to evacuate. Don't delay, don't pause, don't question the instructions that are being given, because this is a powerful storm."

THE ASSOCIATED PRESS

Labelling

"Nature doesn't really give a darn what we call it."

Chris Landsea, of the National Hurricane Center, on Sandy being a difficult storm to label because it began to lose its tropical characteristics as it hit shore

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Firefighters evaluate the scene of an apartment building whose front wall collapsed during

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Jamaica 7 Nights 5-Star $739
Gran Bahia Principe Jamaica — incl $349 base + $390 taxes & fees
Departs Nov 2/sqv/ws.

Mazatlan 7 Nights 5-Star $796
Riu Emerald Bay — incl $439 base + $357 taxes & fees
Departs Nov 27/sig/wg.

Canada

Niagara Falls Christmas Family Special
2 Nights $34◊
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INCLUDES accom on Falls Ave. Price per person based on family of 4. Travel Dec 24/ggv.

Quebec City Winter Carnival
Air + 3 Nights 4-Star $494
Hotel Clarendon — incl $366 base + $128 taxes & fees
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Vacations

Cancun Long Stay
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$1549
Krystal Cancun — incl $1398 base + $151 taxes & fees
INCLUDES accom at a beachfront resort in Cancun's hotel zone. Departs Jan 10/ggv/dl.

French Riviera Long Stay
Air + 21 Nights $1599
Heliotel Marine — incl $1037 base + $562 taxes & fees
INCLUDES Nice area self-catering studio with full kitchen, near the beach. Departs Feb 19/exo/ba.

Peru Air + 8 Nights $1649
Casa Andina Select Miraflores, Sonesta Posadas del Inca Cusco — incl $1211 base + $438 taxes & fees
INCLUDES all airfare, 2 nights Lima accom and 6 nights Cusco accom. Departs Mar 4/ggv/la.

New Zealand Air + 11-Day RV $2099
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superstorm Sandy's rampage through New York City on Monday night. ANDREW BURTON/GETTY IMAGES

Vessel made in Canada

Coast guard searches for ship's captain

A Canadian-built replica 18th-century sailing vessel got caught in Sandy's wrath and began taking on water Monday, forcing the crew into lifeboats in rough seas near North Carolina.

The U.S. Coast Guard rescued 14 people by helicopter and spent much of the day searching for two missing crew members.

One of them, 42-year-old Claudene Christian, was taken to hospital where she was pronounced dead, according to reports. Rescuers continued to search for the missing captain of the HMS Bounty, 63-year-old Robin Walbridge. Both Christian and Walbridge were wearing survival suits designed to help keep them afloat and protected from cold waters for up to 15 hours.

Earlier in the day, coast guard rescue swimmer Randy Haba helped pluck several crew members off a 7.6-metre life raft.

"It's one of the biggest seas I've ever been in. It was huge out there," Haba said.

THE ASSOCIATED PRESS

What should be added to Buzzfeed's Absolute Worst Things In The World list? A mangled umbrella. A pedestrian struggles with his in Baltimore, Md., on Monday. JOSE LUIS MAGANA/THE ASSOCIATED PRESS

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Reagan National Airport in Arlington, Va., was nearly deserted as the leading edge of Hurricane Sandy moved across the nation's capital on Monday. WIN MCNAMEE/GETTY IMAGES

Sandy grounds flights worldwide

Stranded passengers. Nearly 10,000 flights cancelled as major travel hubs across the globe feel effects of superstorm

Hurricane Sandy grounded thousands of flights in the U.S. northeast Monday and upended travel plans across the globe, stranding passengers from Hong Kong to Europe. The massive storm threatens to bring a near halt to air travel for at least two days in a key region for both domestic and international flights.

Major carriers such as American Airlines, United and Delta cancelled all flights into and out of three area airports in New York, the nation's busiest airspace. According to the flight-tracking service FlightAware, nearly 10,000 flights had been cancelled for Monday and Tuesday, almost all related to the storm.

Staying put

"The storm has such a wide swath and so many major airports are involved that it's going to take some time (to recover)."

Angela Gittens, director general of the Airports Council International

The cancellations have already surpassed those from last year's damaging Hurricane Irene. They're now on par with a major winter storm in early 2011, when 14,000 flights were scrapped over four days.

Delays rippled across the U.S., affecting travellers in cities such as San Francisco to Chicago. Disruptions spread to Europe and Asia, where airlines cancelled or delayed flights to New York and Washington from major travel hubs like London, Paris, Tokyo and Hong Kong.

Sandy slammed into the New Jersey coastline and hurled a record-breaking 13-foot surge of seawater at New York City on Monday, roaring ashore after washing away part of the Atlantic City boardwalk.

Just before its centre reached land, the storm was stripped of hurricane status, but the distinction was purely technical. It still packed hurricane-force wind, and forecasters were careful to say it remained every bit as dangerous to the 50 million people in its path.

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Out-of-towners stranded in NYC as storm brews

Washed out. Drenched streets and jacked up hotel fees the new reality of Canadian woman's vacation

As she sat at one of few cafés still open in a soggy Times Square Monday, 24-year-old Calgary resident Alex Kingcott tried to look on the positive side. "We have heard that the (David) Letterman show is going to go on.... We might go to that, but we all really look like drowned rats at this point," said Kingcott during a phone interview early in the day.

(As it turned out, the David Letterman Show wasn't an option: The show decided to film without an audience.)

Kingcott and friends journeyed to New York to take in a Broadway show on Friday. They were somewhat aware of the threat posed by Sandy, but said it only became real when supplies from drug stores vanished and their nightly hotel room rate jumped from $159 to $390 Sunday.

Alex Kingcott in Times Square Monday before Sandy's nearby landfall. COURTESY OF ALEX KINGCOTT

Many New Yorkers evacuated over the weekend, fearing the worst from a storm that was projected to slam into heavily populated areas along the eastern U.S. coast before travelling north into Ontario.

"It was so strange, all the Starbucks closed yesterday afternoon ... the drug stores are almost completely cleaned out," said Kingcott, who had planned to catch a WestJet flight home Monday, but is now indefinitely delayed. "This has all been a bit of a roller-coaster." Subway stations and airports in the area were shut down in advance of the storm.

Back in Calgary, WestJet spokesperson Jennifer Sandford reported 35 of the airline's flights from Calgary International had been cancelled by 2:30 p.m., and all flights to New York City's LaGuardia airport had been suspended until at least Wednesday.

METRO IN CALGARY

Deadly storm

Death toll continues to rise in Caribbean

Residents of Cuba's second-largest city, Santiago, remained without power or running water Monday, four days after Hurricane Sandy made landfall as the island's deadliest storm in seven years, ripping rooftops from homes and toppling power lines.

Across the Caribbean, the storm's death toll rose to 69, including 52 people in Haiti, 11 in Cuba, two in the Bahamas, two in the Dominican Republic, one in Jamaica and one in Puerto Rico. THE ASSOCIATED PRESS

Rain check. Talk show hosts take the night off

David Letterman and Jimmy Fallon are doing their shows without audiences. Jimmy Kimmel, visiting from his home base in sunny Hollywood, cancelled a taping in Brooklyn. The Daily Show and The Colbert Report are taking the night off, and each of Broadway's 40 theatres will be dark through Tuesday — all because of a powerful storm bearing down on the East Coast.

Hurricane Sandy didn't just halt airline flights on Monday, it also caused widespread cancellations in the entertainment industry.

THE ASSOCIATED PRESS

Jimmy Fallon GETTY IMAGES FILE

Halloween lights up retailers' eyes, too

Sweet deal. Trick-or-treat spending expected to top out at $1.5 billion this year

JESSICA SMITH
jessica.smith@metronews.ca

Roughly $16.7 million worth of pumpkins were produced in Canada last year, according to Statistics Canada. TORSTAR NEWS SERVICE FILE

There are almost 3.8 million kids of prime trick-or-treating age in Canada this year and families are spending enough on candy to give them all a killer sugar high, according to Statistics Canada.

Canadians are expected to spend $1.5 billion on Halloween-related purchases again this year, as they did in 2011, according to Consolidated Credit Counseling Services of Canada.

Candy, confectionery and snack food sales skyrocket every October, according to Statistics Canada, which publishes a list of Halloween statistics every year. Sales totaled $355.9 million in October 2011, almost $80 million higher than the average month of sales that year.

Even pumpkins play a significant role in the Canadian economy in the fall, with $16.7 million worth produced in Canada last year, according to Statistics Canada.

According to the Bank of Montreal, Halloween is helping Canadians boost retail spending higher this year than last.

"Retailers have enjoyed some growth despite a challenging economy and mixed signals from consumers throughout this year. We expect retail sales for the month of October to be up slightly more than 2 per cent from a year ago for a total of $39.5 billion," said Doug Porter, Deputy Chief Economist, BMO Capital Markets.

By the numbers

$75

In a poll conducted in September, the Retail Council of Canada found Canadian households with children plan to spend an average of $75 on Halloween purchases this year.

$24

The study found people who live alone intend to spend an average of $24.

75-100%

Half of the people polled said they plan to spend 75 to 100 per cent of their budget on candy.

DON'T

Absolutely don't try any of these when it comes to your Halloween costume:

1. **Be a racist.** At the Campbellford Royal Canadian Legion hall in 2010, one man went as a Ku Klux Klan member and another went in blackface, wearing a noose. They won "best costume." The president of the legion, who was not at the event, later issued an apology.
2. **Be a Nazi.** In 2005, Prince Harry dressed up as a Nazi at a costume party. It's not any more appropriate at Halloween.

GETTY IMAGES FILE

3. **Go naked.** It's probably also a bad idea to "dress up" as Prince Harry in Vegas — at least if you plan on going out in public.
4. **Be a perv.** Some pre-made Halloween costumes are truly atrocious. "Dr. Howie Feltersnatch, gynecologist" may give you a giggle when you read his name tag — but not everyone's going to laugh.
5. **Go in blackface.** At a homecoming pep rally in Waverly, N.Y., this fall, three white students put on blackface and re-enacted Chris Brown beating Rihanna. Neither blackface nor domestic abuse make for great Halloween costumes.
6. **Be a "Happy priest" or "Sexy nun."** Package costumes for women that take religious figures and cultural stereotypes and make them "sexy" for women and add a fake erection for men are bound to offend.

Not everyone will find a sexy nun costume funny. ISTOCK

Popping on costumes of pop culture icons most popular way to celebrate

Masks of American presidents flew off the shelves of a popular Toronto costume shop this year — but prime minister masks are harder to find.

Malabar, a theatrical costume and dance shop, was so packed with costume hunters on the weekend before Halloween they hired security, which controlled a lineup that went out to the street.

Alana Sambey, a dancewear expert who becomes a Halloween costume expert every fall, said the store's elaborate masks are always popular.

"There's always political stuff, they want Obama or Bush — he's really popular — and (Bill) Clinton," she said. "They sold out pretty fast."

Customers often ask for Canadian politician masks — especially of Stephen Harper — but the store hasn't found a manufacturer that makes them, she said.

This year's most popular costumes are Catwoman and Bane from the Dark Night Rises, Sambey said. Superheroes of all kinds — from the current movies or timeless comics — are always popular, she said.

"People come in looking to be inspired," she said. "But I love when people are making their own costumes. When they say they're looking for this and this, and avoid buying a packaged costume, I love helping them out."

JESSICA SMITH/METRO

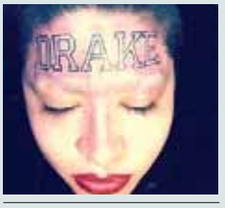
Dancewear expert Alana Sambey holds up a Bane costume at Malabar on Monday morning. JESSICA SMITH/METRO IN TORONTO

U.S. presidents — Obama, Clinton and Bush — remain a popular costume choice north of the border. PHOTO ILLUSTRATION: DAVID VAN DYKE/METRO; PHOTOS: GETTY IMAGES FILES

DO

Try out one of these great #lastminutecostume suggestions from Metro readers:

- @rangina told us she bought $2 eyeliner to become "the woman who tattooed DRAKE on her forehead." A woman from L.A. did just that in 2011 and the photos of her real, permanent tattoo went viral.



Michelle Janzso tweeted this photo of her Paper Bag Princess costume. CONTRIBUTED

- For the less controversial, try @mlo10's suggestion. She tweeted, "@metrotoronto paperbag princess! Inside out leaf bag, rope, and a tiara."
- The politically inclined can be Clint Eastwood at the Republican Convention. Wear a suit, bring a chair. That way if you end up alone at the party, you still have someone to talk to.

Going out in Gangnam Style

Psy says he'll be dressing his best this Halloween because his fans from around the world will be dressing up as him.

The South Korean rapper of Gangnam Style fame, whose real name is Park Jae-sang, went on Reddit last week to answer questions from fans on everything from how he and his family are handling his speedy rise to global fame to what he'll be wearing on Oct. 31.

"I heard my costume is costume of the year, so this Halloween I gotta dress more classy, as classy as possible," he wrote, adding that South Korea doesn't celebrate Halloween.

Psy will be performing for the first time in Canada Tuesday night at the Kool Haus in Toronto, as part of a promotion for Samsung. The first 25 people at the door with a Galaxy device and the best five Psy impersonators will be let in, but all of the other tickets have been given away, according to the phone company.

If dressing up as Psy and the other characters from Gangnam Style proves to be as popular as the music video, there may be millions of Psy Oppa's out tomorrow night. Good thing there are a number of looks to chose from.

Playground/Beach Psy: You'll need: Pink shorts, white collared shirt, orange ascot or silk scarf, tortoiseshell sunglasses, and glass of cola to spit everywhere.

Psy in the stables: You'll need: A black suit or tux, black shirt, white bow tie, black shades, black and white oxfords, a talent for horse dancing.

Garbage Psy: You'll need: A blue blazer, black shades, black pants, white shirt, black bow tie and some friends who are willing to throw garbage at you.

Psy in the sauna: You'll need: A blue towel, black shades and little modesty.

Gangnam Girl: You'll need: A flowing white shirt, white socks and sandals, and sparkly shorts (or shorts, sequins and a glue gun).

Yelling at yoga butt Psy: Adventurous couples will need: Black suit jacket, black shades, black bow tie, khakis, a white sleeveless shirt and yoga gear.

Nong Chul and Psy in the elevator: To be comedian Nong Chul you'll need: Straw hat, lime green T-shirt and a hole punch, white shorts and some fabric pens, construction paper, glue and a necklace chain, black sandals.

To be Psy you'll need: A black suit, black bow tie, black shades and a healthy level of comfort with the friend who is going as Chul.

PHOTO ILLUSTRATION: DAVID VAN DYKE/METRO; PHOTO: GETTY IMAGES FILE

JESSICA SMITH/METRO

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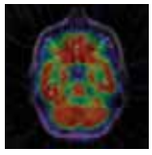
Borderline Personality Disorder and Depression Brain Imaging Study

The Neurochemical Imaging Program in Mood Disorders at the Positron Emission Tomography (PET) Centre is studying the brain changes associated with borderline personality disorder and major depression.



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Sandy's economic forecast: Plenty of short-term pain

Weathering the storm.
Despite current havoc, hurricane's effect on overall growth will be offset by reconstruction

A woman carries bags back to her car after visiting a storm-proofed grocery store — which boarded its windows, but stayed open for business — in Sayville, N.Y., on Monday ahead of Hurricane Sandy. The superstorm assaulted the U.S. East Coast Monday, forcing the shutdown of mass transit, schools and financial markets, and sending coastal residents fleeing. JASON DECROW/THE ASSOCIATED PRESS

Airlines cancelled thousands of flights and stranded travellers. Insurers braced for damages of up to $5 billion US. Retailers expected shrunken sales.

Hurricane Sandy is causing disruptions for companies, travellers and consumers. But for the overall economy, damage from the storm will likely be limited. And any economic growth lost to the storm in the short run will likely be restored once reconstruction begins, analysts say.

Preliminary estimates are that damage will range between $10 billion US and $20 billion US. That could top last year's Hurricane Irene, which cost $15.8 billion US.

If so, Hurricane Sandy would be among the 10 most costly hurricanes in U.S. history. But it would still be far below the worst — Hurricane Katrina, which cost $108 billion US and caused 1,200 deaths in 2005.

"Assuming the storm simply disrupts things for a few days and it doesn't do significant damage to infrastructure, then I don't think it will have a significant national impact," Mark Zandi, chief economist at Moody's Analytics, said Monday.

THE ASSOCIATED PRESS

Financial markets

Storm surges into earnings season

A number of major U.S. companies postponed quarterly earnings reports scheduled for Monday and Tuesday, as Hurricane Sandy barrelled into the East Coast and caused the first unplanned shutdown of financial markets since Sept. 11, 2001.

The New York Stock Exchange, Nasdaq and CME Group in Chicago closed Monday. The last time the NYSE closed for a weather event was in 1985, when Hurricane Gloria hit the East Coast.

Stock trading will be closed in the U.S. for a second day Tuesday as the hurricane moves inland.

THE ASSOCIATED PRESS

A funny thing happens when you tell kids they matter. They believe you.

An alarming 40,000 kids drop out of high school every year. Boys and Girls Clubs of Canada are committed to changing that. They provide a safe and supportive place where kids can develop confidence and life skills. They offer programs like *Rogers Raising the Grade*™ to help kids with their studies. The Club is a place where kids can drop in, so they're less likely to drop out.

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McDonald's wants piece of daily grind

Battle brewing. Chain goes after at-home market by launching bagged ground coffee

McDonald's will start selling bags of ground coffee at its restaurants in Canada on Nov. 5. COURTESY OF MCDONALD'S

McDonald's will launch take-home ground coffee on Nov. 5, a product that will be exclusively available in Canada.

Each bag is priced at $6.99 for 340 grams, in a shot aimed at the chain's biggest competitors, Tim Hortons and Starbucks. "They're very successful companies and they've got great connections with consumers," said John Betts, president and chief executive of McDonald's Canada. "We had to do something dramatic."

In some respects, it's the evolving at-home coffee market that serves up the most potential for growth.

Coffee drinkers average two cups per day and two-thirds of them are brewing some of their drinks at home, according to a report by the NPD Group released in July. More than a quarter of Canadian coffee drinkers (27 per cent) said they sip coffee at home more than they did last year, and the same percentage stated they now consume the beverage less when they're out.

Betts said McDonald's is keeping its offerings simple for now. The restaurant has decided to sell only bagged coffee, and stay away from the single-cup market.

THE CANADIAN PRESS

Package delivery

UPS plans to break holiday record

UPS expects to deliver 527 million packages between U.S. Thanksgiving and Christmas this year, surpassing last year's record high by 10 per cent.

The world's largest package-delivery company estimates 28 million of those will be delivered on Thursday, Dec. 20 — projected to be the busiest day of the year. That's nearly double what the U.S.-based company moves on an average day.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
99.92¢ (-0.28¢)

TSX
12,312.75 (+12.45)

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ON CONTENTIOUS COMMAS AND THE IMPORTANCE OF GRAMMAR

SHE SAYS...
Jessica Napier
metronews.ca

I went to a party a few months ago with a number of friends including a fellow writer. In true nerdy, English-loving fashion, we spent half the night discussing our stance on a common grammatical debate: the serial comma. She was for, I was against; it got quite ugly.

Those who are passionate about punctuation will understand the dispute regarding whether or not a comma needs to precede the final item in a list.

Language 101

When you can have an entire conversation using emoticon characters — those adorable picture icons — is there really a place for your grandfather's dusty copy of The Elements of Style?

Consider these two phrases:

"My favourite colours are red, white and blue."

"My favourite colours are red, white, and blue."

Omitting the final comma in the series doesn't change the meaning at all, but I find the second sentence a little awkward to read. Ultimately, the serial comma (or Oxford comma if you're a Vampire Weekend fan) is more of a stylistic issue than anything else. Interestingly, it may be a colonial issue as well: The British are far more likely to use the serial comma than their North American counterparts.

Are you bored yet?

Grammar lessons are something we all vaguely recall from our grade-school days: chalkboards filled with dull rules about comma splicing and guidelines for capitalizing nouns. Many of these lessons have been forgotten in an age of auto-corrected predictive texting and Internet speak, TBTH.

When you can have an entire conversation using emoticon characters — those adorable picture icons — is there really a place for your grandfather's dusty copy of The Elements of Style?

There are still some folk who relish in grammatical nitpicking, but no one really likes those condescending know-it-alls who make a habit of correcting you when you use "who" instead of "whom" and roll their eyes at dangling modifiers.

But, while it might be dry, learning how to use the correct linguistic tools and conventions can also be a very empowering thing. Grammar gives you the power to say the things you want to say the way you intend to say them.

Totalling 448 pages, The Canadian Press Stylebook is a little impractical to carry around with you, but online sites like Grammar Girl are excellent resources for the grammatically challenged. Writer Mignon Fogarty offers brief tips, and answers questions about common grammatical mistakes or confusions such as the difference between affect and effect and when to use i.e. instead of e.g.

Grammar isn't sexy or exciting, but it can help transform passive sentences into active statements and give us more control over the way we communicate with one another.

Be not afraid of grade-school grammar-lesson flashbacks. ISTOCK

That's using one's head

ANITA MARIC/NEWSTEAM

Human feat

No headache for extreme balancer

This chap needs to be level-headed to do this stunt.

British grandad John Evans balances a 90-kilogram cement mixer on his head at a charity show near the English city of Derby.

Evans, 65, first discovered his talent in the 1960s when, as a labourer, he would stack 24 bricks on a floorboard and balance it on his head as he climbed up and down ladders. METRO

Q & A

'Strongest neck in the world'

The Guinness World Record holder from the town of Ilkeston, England, spoke to Metro.

How did you balance this hefty-looking thing?
First, a forklift hoists the mixer above my head. Then the lift lowers and places it on top of my head and I start walking backwards about three metres away from the forklift, while holding the plywood on top. Slowly I let go and balance it for a minimum of 10 seconds, before returning to the lift.

Have you had an accident before?
Never. Since I started this over 20 years ago, I have built up the bones and muscles in my neck. I have the strongest neck in the world — I don't think anyone else can do these extreme balancing acts.

The most difficult was balancing a Mini Cooper car, because if it were to fall I wouldn't have time to jump out of the way — the car would crush me!

So no health scares?
Well, my neck has shrunk a bit! I weigh over 130 kilograms myself, (am) diabetic and have one eye, so it's quite remarkable that I can do this sort of thing.

Balancing act

He must be headstrong

Twenty years after his first balancing act as a labourer, he started putting heavy objects on his head for entertainment.

Now, he has 33 Guinness World Records, has travelled the world showing off his talent, and has appeared on The Tonight Show with Jay Leno.

"No one else in the world can do what I do," he said while holding a homemade Tardis (phone booth) on his head during his most recent stunt. METRO

Metropolitan Panel

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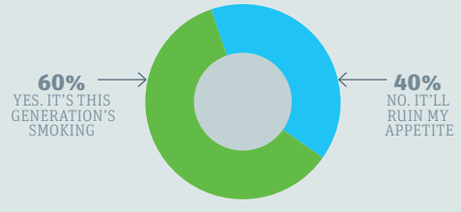

Twitter

@obnoxiousgamer: if by 'emergency preparedness' you mean 'recently did a liquor store run' then yeah I have the safety portion of tonight covered #havenofear

@AncurJoshi: Raptors snatching that 7th or 8th spot. KNOW THIS

@irislyng: Is it weird that I actually enjoy this cold rainy weather? Its so refreshing.

@buddhaontheroad: And now, outside. Which umbrella do I risk sacrificing? #firstworldproblems

@markerguru: it be windy outside, and when i mean windy, i mean it almost blew my window AC out of place :C get out the duct tape :|

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DVD review

Alfred Hitchcock: The Masterpiece Collection

Director. Alfred Hitchcock

●●●●●

Trying to figure out the logic behind any Alfred Hitchcock DVD boxed set can be as suspenseful as one of the master shocker's films. Alfred Hitchcock: The Masterpiece Collection isn't all that different from the similarly titled set released in 2005, except for two important things. It's now in the high-definition Blu-ray format, and it includes North by Northwest, curiously missing from the first release. These two things make this a masterpiece collection worthy of the name, even if we might lament the continuing MIA status of Notorious, Strangers on a Train and Dial M for Murder. This one does a solid job of canvassing a six-decade career that began with silence in the 1920s and continued through "the talkies" and technicolour, up to the studio system's demise in the 1970s. Three films are from the 1940s (Saboteur, Shadow of a Doubt, Rope), five from the '50s (Rear Window, The Trouble With Harry, The Man Who Knew Too Much, Vertigo, North by Northwest), five from the '60s (Psycho, The Birds, Marnie, Torn Curtain, Topaz) and two are from the '70s (Frenzy, Family Plot). Most of the man's best work is here, including Vertigo, recently voted the greatest film of all time by Sight & Sound's poll of critics.

PETER HOWELL

Jim Breuer is just one of the comedians taking part in the Just For Laughs Relationship tour. GETTY IMAGES

Breuer hits the road

Just For Laughs tour. Relationships tour has former SNL funnyman join up with a handful of other comedians for shows across Canada

MARK BRESLIN
scene@metronews.ca

Saturday Night Live alum Jim Breuer is among the comedians touring the country this month as part of Just For Laughs' relationship-based comedy tour. The tour, which runs through Nov. 25, also features John Heffron, Debra DiGiovanni, Tom Papa and Godfrey. Metro recently had the opportunity to chat with Breuer about marriage, rock 'n' roll and who is the biggest partier on the tour.

I'm looking at your official 8-x-10 and I can see that you're sporting some serious man cleavage. Now, is this the image of a family man with a wife and three daughters? You have a sexy, come hither kind of look in your eyes.
Yes, I kind of look a little buff — the "I think I'm still kind of cool and I want chicks to think I'm cool and hot" look. I don't think comics ever let that go. I think this was a year ago, a year and a half ago this picture was taken. I was in the best shape of my life and I think we were using the 8-x-10 for some TV or film we were trying to get.

What does your wife think of that picture? Does she approve?
My wife thinks that's a good picture. But I do have to take a new one where I'm in a suit. The other one that people used was this green corny shirt and I looked soft, I can't stand that picture. But with this one I wanted something a little more edgy, just a little "not sure what you're going to get from this guy"

Speaking of "edgy," how hard is it to reconcile your heavy metal comedy tour with your current relationship material?
Well, I usually open up with 10 minutes of being a heavy metal dad. And going to see concerts at my age, which is absolutely impossible. Now, what you just touched upon is that I did some heavy metal comedy last year as part of the Metallica thing in Germany — a couple of dates in the north east, and it confused audiences. Young people came and flipped out and lost it! Some people thought they were coming to see Jim Breuer just doing standup. So they were decked out for the night and wondering why they were there to see a rock concert. It made me realize I have to completely separate the two.

Sounds like you miss the rock n' roll stuff.
As soon as I'm done with the Canadian tour, I'm going to work for a New York show which is just a hard rock comedy show and we'll be on tour in 2013. We're in rock clubs and people clearly know you're not coming to sit down to watch a theatrical standup show.

You're touring on a relationship themed show with Deb DiGiovanni, Godfrey, and John Heffron. Which one of you is the wild one on the tour?
I'm married with three kids so that stuff is behind me. But I've gotta say it's Godfrey. That man is wild!

You were on SNL for four years in the late '90s. Who were your favourite co-stars on the cast?
I loved working with everyone, but if I had to pick one, I'd have to say Norm MacDonald.

Get your laughs...

To find out when the tour starts dishing out relationship advice in your city, visit hahaha.com/comedytour

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Get coiffed like Connery

Grooming. We take Metro's unkempt, wild-looking Anthony Johnston for a Bond-style makeover ... and master barber Alex Glover had his work cut out for him. The expert offers a snip-by-snip guide on how to get the look.

RICHARD PECKETT
scene@metronews.ca

Get the Connery Cut by Master Barber Alex Glover

The inspiration

Sean Connery à la James Bond in Dr. No (1962): A nice tight short back and sides inspired by the '40s and '50s, with a bit of a weight line to it.

Hair type

I looked at his hair type first of all to decide upon the best cut. Anthony has quite thick, curly hair with a tendency to stick out a bit, so I decided to go shorter than depicted in the image of Connery (pictured).

Snip snip

The cut

I achieved the look by using a grade one blade around the very edges, without shaving too high. Above the grade one is a grade three, which is blended into the top and bottom layers. I created a soft fade to the weight line between blades one and three, with a scissor over comb.

The finish

The top of the cut is approximately two inches at the back and 2.5 to three inches at the front — I connected the varying lengths with a graduation.

Style refinement

Lastly, I dried his hair and added texture to it with Murdock's Matt Putty.

Maintain the look

The putty will hold the longer layers and parting in place. The benefit of this product is that it's flexible. What I mean by that is if you take your jumper off or it's a windy day, you can easily reposition your hair — there's no crispiness or crunchiness. However, if you're someone with fine hair, try a matt mud because the clay's microfine particles will bulk out the layers and give your hair a thicker appearance.

Washing

In general, fine hair should be washed every day, otherwise it will become overloaded. In contrast, curly hair tends to be a lot frizzier because it's naturally drier, so you can wash it three times per week and in between add a conditioner to refresh the smell and replenish lost moisture.

BEFORE RICHARD PECKETT

AFTER RICHARD PECKETT

Top shaving tip:

The badger brush is best

Traditional lather and a badger brush is the best and it only takes 20 seconds. The brush exfoliates really gently around each follicle, creating a smoother shave. In fact, all the older gents who have great skin have used a brush without fail for their whole lives — it preserves the skin.

Just like the pros...

Iconic looks

"We're still doing loads of Sean Connery and Roger Moore looks. The Moore look is slightly preppier — keep the hair three to four inches on top."

Connery CONTRIBUTED

Moore CONTRIBUTED

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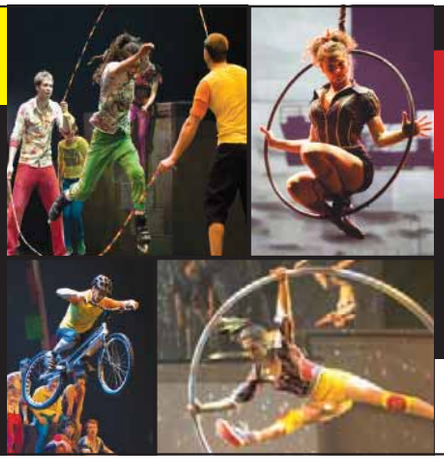

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The Walking Dead. Why we are obsessed with post-apocalyptic scenarios

Would you be more afraid of a zombie or fellow survivor? THE ASSOCIATED PRESS

The Walking Dead is one of the most popular shows on TV. Its season premiere this month saw 10.1 million viewers — 15.2 million if you include the two encores that ran the same evening.

What makes this show about zombies so popular?

"It really puts viewers into a moral dilemma," says Murali Balaji, assistant professor of media studies and production at Temple University in Philadelphia.

"People wonder what would they do if they were in such an extreme situation."

Balaji, who teaches courses in both media theory and popular culture, points out that it's not actually the zombies who are the most dangerous enemies.

"What's interesting is that the survivors view fellow survivors as suspiciously, or even more suspiciously, as the zombies themselves," he says.

"There's a line from the graphic novel that the show is based on: 'It's not the dead I fear, it's the living.' That resonates with us — we all struggle with dilemmas of trust."

Zombie stories have been increasingly popular during the past 10 years, which may reflect our end-of-the-world fears.

"Whether it's bio-terrorism, a disease outbreak or a nuclear accident, this is something that people could see happening," Balaji says.

JUDY WEIGHTMAN/MWN

A seasonal affliction?

Our attraction to zombies may be heightened during the election season — seriously. "We're increasingly isolated from one another," says Balaji. "People become consumed in their own tribes, and more and more disconnected."

Faxon fears for the fate of Ben and Kate

TV show woes. New sitcom from Nat Faxon was a hit with critics, but so far viewers aren't hooked

On the new sitcom Ben and Kate, Nat Faxon portrays the male half of the title as an impulsive, irrepressibly happy-go-lucky sort — the kind of guy who can't even crash a wedding on time and who thinks fusing a leather recliner with a waterbed is a million-dollar idea.

In reality, Faxon — who won an Academy Award for co-writing the George Clooney dramedy The Descendants — is not so carefree. And he might have wanted to channel some of Ben's anxiety-free frivolity when sizing up the freshman show's early ratings.

Although the heartfelt ensemble comedy has been a hit with critics, its ratings haven't reflected that goodwill. TV By the Numbers, a website that predicts a show's odds of staying on the air, prognosticated this week that the show was a likely candidate for cancellation.

And Faxon admits he's concerned about the show's small viewership.

"I got very panicky about it and had to talk to Dana Fox, the creator," the down-to-earth Faxon said during a promotional visit to Toronto this week.

"I was like: 'Are we doing OK? Do people like us?' (It was) this very neurotic need to be constantly reassured that everything is OK. So I'm dealing with it the same way (fans of the show) are.

"It's a process," he added. "There are shows that open to huge numbers and are hits right from the start, but there are also a ton of shows, great shows ... that took a long time to get going. Obviously, Seinfeld and Everybody Loves Raymond and a lot of those shows that just needed the time to be nurtured and to get people onboard with it and to watch it and then they became huge things.

"So I don't know. I pray that this is the same situation."

And even if the numbers aren't robust, there are reasons for optimism.

For one thing, there are the reviews — the Hollywood Reporter noted that the show was one of only two new comedies this season with "enormous potential" (along with The Mindy Project), while TV Guide predicted that the "charmingly offbeat" show would become a "sleeper hit."

Nat Faxon FOX HANDOUT/THE CANADIAN PRESS

Quoted

"It's a process. There are shows that open to huge numbers and are hits right from the start, but there are also a ton of shows, great shows ... that took a long time to get going"

Nat Faxon on the lacklustre viewer ratings for his new show Ben and Kate

And then there's the fact that the Fox network — which airs the show on Tuesdays in the U.S., with Citytv carrying it here in Canada — has already ordered 19 episodes, giving Faxon and his crackerjack cast the chance for at least an extended audition with viewers.

Faxon stars alongside Dakota Johnson (daughter of actors Don Johnson and Melanie Griffith), whose Kate is a responsible single mother whose proclivity for careful calculation clashes with her gleefully irresponsible brother, who nevertheless moves into Kate's house to help raise her precocious five-year-old daughter (Maggie Elizabeth Jones).

On paper, Ben is the Oscar Madison to Kate's Felix Ungar, but the show quickly establishes that Kate is every bit the mess that her uninhibited brother is. And with talented supporting players including British comic actor Lucy Punch (Bad Teacher, Hot Fuzz) and newcomer Echo Kellum, the show operates without a strict straight man.

Fox, who executive produces the show, based the sibling dynamic on her relationship with her brother, a notoriously zany sort who has apparently given her plenty of material to work with over the years. Faxon has relished getting to know the man who inspired his role, even if the real Ben is a bit more restrained now that he's grown.

"He still has that infectious kind of thing going on, where you would follow him in any direction he went just because it seemed like a good idea at the time," laughed Faxon.

"It may lead to horrible things and consequences that were unexpected, but there's something about him that makes you want to follow his lead."

THE CANADIAN PRESS

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Kendrick Lamar: Dr. Dre drawn to my fresh approach to gangsta rap

Compton. Lamar reflects on his upbringing in good kid, m.A.A.d city, his major label debut.

Kendrick Lamar has been heralded as the rebirth of West Coast hip hop, an acclaimed young lyricist who's trying to learn from his rough upbringing in Compton, Calif., and maintain his artistic integrity and life balance as his fame soars.

Such qualities are what compelled one of his idols, Dr. Dre of N.W.A. and Death Row Records fame, to sign Lamar to his Aftermath Entertainment and back his newly released major label debut, good kid, m.A.A.d city.

Dre executive produced the disc in Los Angeles and appears on several tracks, including the first single, The Recipe. Other artists on the album include Jay Rock, MC Eiht, and Toronto's Drake, who recruited Lamar for his Club Paradise Tour earlier this year.

Lamar says Dre wanted to work with him after hearing his track Ignorance Is Bliss from his 2010 mixtape Overly Dedicated, "because it came from a different approach that he'd never seen in gangsta rap."

"(The song) gave him both sides of the story in Compton, the victim and the aggressor, and that's something he'd never seen," a soft-spoken Lamar said during a recent stop in Toronto.

Through heady bass beats and savvy, crisp rhymes, the much raved about good kid, m.A.A.d city reflects on those dualities of Lamar's life and career. Listeners learn of Lamar's risky relationships, his exposure to drugs and gangs in Compton, the changes happening in L.A. County, and how he and others in his life are coming to terms with his fame.

Lamar, 25, grew up in a low-income household surrounded by the violence of L.A.'s gangs and gangsta rap culture. At times, he was exposed to alcoholism, which he writes about on the album's Swimming Pools (Drank).

Rapper Kendrick Lamar poses in Toronto in July 2012. NATHAN DENETTE/THE CANADIAN PRESS

"(It's) a personal song at the same time good memories of house parties that I'd been to when I was a kid and some things I'd seen in my household, period: a lot of drinking, a lot of smoking," he said.

"I just wanted to reflect on that, not in a bad way but just as a person ... remembering what household I come from and how it had an impact on my life when I became an adult."

Lamar said his dad "was a street cat but at the same time he was a proud father. I was lucky to have one of them in my life.

"What separated me from my homeboys, it was two things: The fact that I had a father, of course, to always let me know when I bump my head, this is going to happen, and the fact that I was a dreamer," noted Lamar.

"Nobody could believe that it was possible to get out of the area that we lived in, because they'd seen so many older generations still be there and be stuck and doing the same thing they doing.

"I always had that imagination, like it was something bigger than just Compton and just where we were at, and that separated me." THE CANADIAN PRESS

Quoted

"Every time you hear gangsta rap, everybody's the aggressor, there's really no vulnerability, and I bring that other side of the story because I've been on both ends."

Kendrick Lamar

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Joe Simpson ALL PHOTOS GETTY IMAGES

Gossip on the green: Joe playing with someone his own age?

The reports dogging Joe Simpson that he's recently come out of the closet to his family and has been carrying on an affair with a 21-year-old man appear to be effecting his golf game. According to Radar Online, Simpson didn't play with his usual partner at his weekly outing. "Everyone noticed that after reports surfaced that Joe was gay, he didn't play with his regular young, good-looking friend this past Saturday, but played with someone much, much older," a source tells the website. "Joe has always played golf at his swanky club Mountain-Gate on Saturdays at 12:30 p.m. with a much younger, 20-something male, who isn't a member. Joe's golfing buddy is extremely good looking and Joe is very, very secretive about his identity. Joe never writes the guest's name on the sign-in sheet and never allows any other members to join in while they play golf, which is very, very odd."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kunis ain't carrying Kutcher's bundle of joy, but maybe soon?

Mila Kunis' rep insists that the actress is not pregnant with boyfriend Ashton Kutcher's child despite photos from a recent outing that appear to show the actress sporting a growing baby bump, according to the Daily Mail. "She is not expecting," her rep tells the newspaper. But that doesn't mean motherhood is out of the question for the Friends with Benefits star, who expressed her desire to be a parent earlier this year in an interview with Glamour. "I do want a family. I'd rather be in love and have a baby than a movie," she said.

The Brangelina bunch go on a Halloween hunt

Angelina Jolie hit a Halloween superstore near Los Angeles this weekend for a bit of last-minute shopping with three of her kids, according to Us Weekly. The actress showed up with daughter Shiloh and four-year-old twins Knox and Vivienne, picking up toys and costumes for the kids. "Angelina looked amazing. She definitely looked really healthy and she was really sweet. A few fans came up to her and she was beyond nice to them and talked to every single one of them," A source says. "They were there for close to an hour and they had a pretty large purchase." Among the items purchased was a unicorn costume for Vivienne that she wore out.

Twitter

@EllenBarkin
Just a random question...do you think anyone has fallen in love over twitter? I mean aside from me, several times.

@JonahHill
I think I'm gonna be "Slutty Mitt Romney" for Halloween.

@kirstiealley
Note to women over 50 who are losing weight... don't get too damn skinny or you'll look like a spider monkey.. pleasantly lean is better..:)

@ConanOBrien
The best perk of being a celebrity? I'm allowed to use 141 characters in my tweets. No, I don't feel like proving it.

THE GOOD WIFE

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W NETWORK

Keeping your little ghosts and goblins safe this Halloween

Trick-or-treat. New apps allow you to keep tabs on your kids without looking over their shoulder as they gather goodies

DOROTHY ROBINSON
Metro World News

Pick houses your kids feel safe going to trick-or-treat. ISTOCK PHOTOS

You'd never let your child go to a stranger's house unattended any other time of year, so why should Halloween be any different?

Nancy A. McBride, the national safety director for the Center for Missing & Exploited Children in the U.S., says children should be accompanied by a parent or trusted adult and walked to the door by the parent to receive treats.

"Know the neighbourhood in which you plan to trick-or-treat. Pick houses that you feel comfortable letting your child visit. Do not visit homes that are isolated or poorly lit," she says.

Make sure your child is able to see and move easily in his or her costume.

"Consider having your child carry a flashlight so that they can see more easily and are easily seen," she notes.

And even if your child is old enough to go out without your supervision, always make sure he or she is in a group.

If you're still nervous, there are several tracking apps that can provide an extra layer of security to keep track of your children via cellphone without being intrusive.

The Snap Secure Geofence for Android sets a virtual boundary.

"If they stray from that perimeter, or don't return to a specified location within a certain period of time, it automatically sends you an email alert," says Jiren Parikh, CEO of Snap MyLife, the developer of the app.

Their other app is the Snap Secure Family Locator.

"(It) lets you check in on their exact location at any time, in real-time, by using your own mobile device or web dashboard," he notes.

Finally, keep in mind there are different ways to celebrate the holiday that don't involve going to strangers' houses.

"I'm a big fan of organizing a home or community party as an alternative to trick-or-treating," says McBride.

Stay safe

Not only do you have to get your kid a costume, but you also have to make sure it won't hurt them. Here is some advice from the ACEP, a national medical specialty society in the U.S. representing emergency medicine. The society wants to make sure your kid stays out of the emergency room this Halloween.

- **Costumes.** Avoid costumes that could cause children to trip, such as baggy pants, long hems, high heels and oversized shoes. Also, make sure they don't obstruct the child's sight or vision and they are made out of flame-resistant materials, such as nylon or polyester.
- **Visible.** Add reflective tape to costumes so your child is more visible to motor vehicles, and avoid dark colours. Check accessories such as swords, knives, wands and other pointed objects. Make sure they are made from flexible materials and have dulled edges on all sides.

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Obesity linked to infertility

Keeping your weight under control will help ease other health concerns, like infertility. ISTOCK PHOTOS

Men's health. Overweight males produce less testosterone, which can affect sperm count and lead to erectile dysfunction

CELIA MILNE
life@metronews.ca

Obesity may be hurting you below the belt, guys.

If you and your mate are having trouble getting pregnant, the problem could be your weight.

"Obesity in men is associated with infertility," report physicians in Utah.

As obesity rates rise around the world, so does the prevalence of male infertility.

Obese men produce less testosterone, and also produce more of an enzyme in fat tissue called aromatase, which breaks down testosterone.

"The low testosterone can affect the sperm production and can result in erectile dysfunction. Both can result in reduced fertility in severely obese men," says Dr. Ahmad Hammoud, a physician in the division of reproductive endocrinology and infertility at University of Utah in Salt Lake City.

He has found in studies that even overweight men can have lower fertility and that, by and large, the higher a man's BMI, the lower his sperm count.

In Canada, 24.3 per cent of men are obese, and the rate has been rising steadily, according to Statistics Canada.

When couples can't get pregnant, about 25 per cent to 30 per cent of cases are attributed to male factor infertility and another 30 per cent are attributed to both male and female factors, reports Dr. Hammoud in his new paper in Seminars in Reproductive Medicine.

Weight loss through eating properly and exercising regularly is seen as one possible solution.

Quote

"The low testosterone can affect the sperm production."

Dr. Ahmad Hammoud
University of Utah in Salt Lake City.

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Tender chicken mingles with rice noodles & sesame sauce

ROSE REISMAN
for more, visit
rosereisman.com

This stir-fry is outstanding with rice noodles, but it's also good over rice, couscous or linguini.

Chicken thighs are more tender and flavourful than the breast, but you can use either. Dipping the chicken in the soy and cornstarch mixture keeps it very moist.

Ingredients

Chicken
- 1 lb boneless, skinless chicken thighs, diced
- 1 tbsp low-sodium soy sauce
- 1 tbsp cornstarch
- 2 tsp vegetable oil

Sauce
- 1/2 cup chicken stock
- 2 tbsp rice vinegar
- 3 tbsp low-sodium soy sauce
- 2 tbsp brown sugar
- 2 tbsp molasses
- 1 tbsp cornstarch
- 2 tsp sesame oil
- 1 tsp hot chili paste

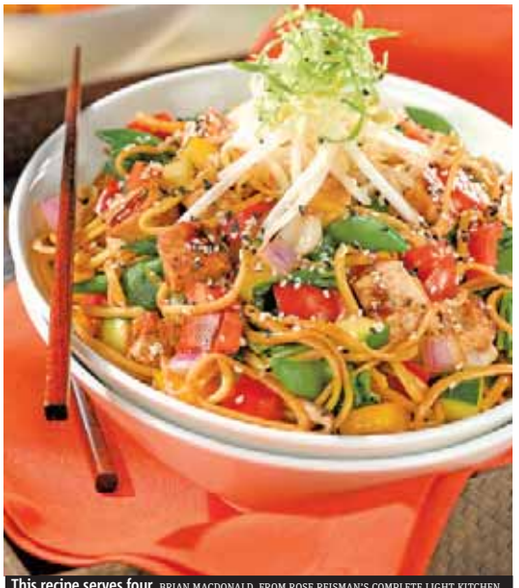
Base
- 6 oz medium rice noodles
- 1 1/2 cups thinly sliced red bell pepper
- 1 1/2 cups thinly sliced snow or sugar snap peas
- 1/3 cup chopped cilantro
- 2 tsp sesame seeds, toasted
- fresh bean sprouts

1. For the chicken, place the diced chicken, soy sauce and cornstarch in a bowl; stir until well combined. Add oil to a non-stick wok and place over medium heat. Sauté the chicken for 4 minutes, until almost cooked. Remove from the pan and set aside. Wipe out the pan.

2. For the sauce, combine the stock, vinegar, soy sauce, sugar, molasses, cornstarch, sesame oil and chili paste in a small bowl; stir until well combined.

3. Cook the noodles in boiling water for 2 minutes or just until tender. Drain and set aside.

4. Respray the wok with cooking oil and place over medium heat. When hot, add the bell peppers and peas. Sauté for 2 minutes, then stir in the sauce and chicken. Cook, stirring, for about 1 minute, until the sauce has thickened. Add the rice noodles and heat thoroughly, about 2 minutes. Serve on a large platter garnished with cilantro or parsley and sesame seeds. Scatter bean sprouts over top. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)**



This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Health Solutions

Protein punch

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Are you getting enough protein? On average, adult women need about 46 grams and men need about 56 grams. (This average changes with your age, gender, size and activity level or nursing and pregnancy status.)

More isn't always better since your body can only make use of the exact amount it needs, and any extra can put a strain on your kidneys.

North Americans tend to get enough, so the burning question is: Do we get enough of the right source?

Here are protein sources and amounts. Choose more from the leaner end at the top of this list, as they tend to offer added health benefits and few downsides.

- 5 oz/30 g fish (mostly good fats)
- 1/2 cup/7 g beans (great for fibre)
- 1/2 cup/8.5 g edamame (soy beans)
- 2 tbsp/4 g almond butter (good fats and fibre)
- 3 oz/6 g extra firm tofu
- 2 oz/14 g cheddar cheese (but it contains 220 calories and 18 g fat)
- 5 oz/40-60 g of meat, chicken or pork (watch for saturated fat and cholesterol)

Most experts agree that it is better to vary the source and spread the yummy throughout the day rather than obtaining a big meaty wallop all in one go. (Sorry, Steak Frites). **THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AT ROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

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- Group 2 Caucasian Males and Females 18-55 years of age.
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- 4 sessions with 3 returns per session.
- Compensation is up to $2,000 for completing the entire study.

STUDY #1535
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- Compensation is up to $2,000 for completing the entire study.

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Learning how to shine when your office is online

Click to cash. Author gathers connoisseurs of crowdfunding to advise budding businesspeople

TIFFANY KANG
life@metronews.ca

Since its debut in 2009, online funding platform Kickstarter has been giving hope to budding entrepreneurs who are rich in ideas but short on money. But it's not as simple as just asking people to fund your dream company, then sitting back as the money flows in.

In his new book, The Kickstarter Handbook, Don Steinberg talks to veterans of the crowdfunding process.

Not as easy as it looks

"Some of the successful campaigners have been surprised by how complex it can actually be afterwards."
Don Steinberg

"That's what I tried to put into the book: These real people's experiences," says Steinberg. "There isn't really a formula. Generally speaking, it usually requires doing a lot of steps the right way, but plenty of campaigns succeed from one particular area — a really great video or an amazing product."

According to Steinberg, the real challenge isn't so much taking off as it is staying afloat after securing your funds.

"Some of the successful campaigners have been surprised by how complex it can actually be afterwards," he says.

"Creative designers in Brooklyn and San Francisco are suddenly becoming large-scale manufacturers and learning a completely different part of the process."

His ultimate advice for those starting a new business or launching a pet project on Kickstarter? "Think about what you're doing apart from the money," he advises. "Think through what your target market is."

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I fit my wedding dress again
I get a kick out of the fact that I can be a grandma and still fit into my wedding dress! I achieved all this without big changes to my lifestyle. I eat three meals a day and drink lots of water. While exercise is important, Chili Burn proves that what you put into your mouth is just as important.

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Ruth Veldstra, Ontario

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Sweet Movember – A charity booster and the reason I met my hubby

Kristen Thompson and husband Dylan showing off their 'staches on their wedding day. JENNIFER MOHER PHOTOGRAPHY

More than just silly lip hair. Moustache month raises millions worldwide for men's health, but it also introduced me to the love of my life

KRISTEN THOMPSON
kristen.thompson@metronews.ca

This time every year, I cringe as my husband waffles between growing friendly muttonchops or a pushbroom for Movember.

But I have to remind myself that growing a prickly 'stache is saving and changing lives. And in my case, bringing people together.

In 2007, I hadn't even heard of the Movember campaign — which raises money and awareness for men's health — and I was tasked with writing a story about this quirky fundraiser's first official year in Canada.

A colleague happened to have a friend taking part in Movember, so he passed along his name and contact and I called him up. That brief interview sparked a friendship that turned into a romance that, four years and four Movembers later, led us down the aisle. We didn't forget the importance of Movember at our wedding this year, writing a "how we met" story in our wedding program that begins: "It all started with a hairy upper lip."

Wedding guests were also given moustaches on sticks for photo hilarity. Since we met, Movember has grown into an international movement that's had nearly two million participants in dozens of countries around the world. Last year alone, Mo Bros and Mo Sistas raised $125.7 million for the cause, and helped bring greater awareness to male participants about the health risks they face.

I admit it, I could do without a month of bristly kisses. I prefer seeing the Tom Selleck ON Tom Selleck. But really, it's worth it when I think about the fact that I only have to live through a month with his moustache, but get a lifetime with Dylan.

The facts

Movember started in Melbourne, Australia in 2003 with 30 participants.

What it has become. In 2011, more than 854,000 people in 14 countries took part in the campaign, where it officially obtained charity status in Canada. Last year alone it raised $125 million toward men's health.

What happened to your nest-egg goal?

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Are you looking back at your 2012 financial goals with a guilt-ridden pain in your stomach? Don't fret. If you want to end 2012 with a plan to really kick-start your net worth growth, read on.

To grow your bottom line, you must reduce debt and build assets.

Step 1
Know where you stand financially so that you can create a plan to grow your bottom line. When you get home tonight, download your favourite net worth tracking tool to determine what you own and owe. All major banks have free online calculators, but if you want to build your own, simply total up your assets and subtract your liabilities.

If you get lost, go through your stack of mail and pull out all your financial statements.

Step 2
This week, set a realistic net worth goal for the remainder of 2012, 2013 and 2014.

For example, if your current bottom line is negative $1,000, grow it to $500 by year-end, and aim to have $10,000 by 2014.

Step 3
If you don't start tracking your money, you'll lose it, so develop a budget this week.

According to author Dr. Thomas Stanley, the majority of self-made multi-millionaires keep meticulous budgets, even though they're rolling in dough. A terrific budgeting website is Mint.com, though you can download other free budgeting tools from any major bank.

Step 4
Next week, review your budget and look for ways to cut back unnecessary expenses. Think about your food and shopping habits and pay attention to the small expenses as they can add up to be quite substantial.

Step 5
Going forward. Before you spend your money on payday, prioritize saving and debt reduction through automatic payments. Sign up for your company's retirement savings plan.

Employers will often contribute free money. If your company doesn't have one, or even if they do and you want to save outside of their plan, sign up for an RRSP and TFSA.

Aim to tuck away 10 to 15 per cent of your salary. If that's too steep, start with less and grow your contributions every six months.

Crush your debt quickly by negotiating the lowest rates with your lenders. Then pay a little extra each month. Even $5 can make a difference.

Step 6
Before Dec. 31, 2012, meet with a qualified financial advisor and develop a plan to achieve your goals.

While building your bottom line, don't put yourself on a financial starvation diet.

You still need to enjoy life and all of its experiences, which often cost money. Take a balanced approach.

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4 SPORTS

Andrea Bargnani will look to continue his strong play from a year ago, before his season was derailed by injuries. CHRIS YOUNG/THE CANADIAN PRESS FILE

Raptors rookies Jonas Valanciunas, centre, and Terrence Ross bring plenty of upside to the table. TARA WALTON/TORSTAR NEWS SERVICE FILE

GM Bryan Colangelo thinks there "could be something special" about the team he's assembled for the 2012-13 season. THE CANADIAN PRESS FILE

After turning things around on defence in his rookie season as head coach, Dwane Casey's next task is fixing the Raptors' scoring woes. TORSTAR NEWS SERVICE FILE

New point guard Kyle Lowry will be looked upon to provide court leadership as a starter. RICK MADONIK/TORSTAR NEWS SERVICE FILE

Turnaround ahead in T.O.?

NBA. Raptors will use 'lack of respect' as motivation to prove doubters wrong

No bold predictions or promises of playoffs. But there's a quiet sense of optimism around this season's Toronto Raptors squad.

A year after Bryan Colangelo preached patience with a young, building team that was all about gaining experience, the Raptors made several key moves in the off-season that — on paper, at least — have Toronto looking significantly better.

Colangelo added three potential starters to the roster in bulldog point guard Kyle Lowry, Lithuanian centre Jonas Valanciunas and athletic swingman Landry Fields.

"There's that feeling there could be something special about this group, but time will tell," Colangelo said in a recent interview.

The Raptors, who raise the curtain on the regular season Wednesday when they host the Indiana Pacers, finished 23-43 in the 2011-12 lockout-shortened season.

And there's some cautious optimism about the potential for Toronto's first playoff appearance since 2008.

Basketball's experts, for the most part, disagree. Most predictions pick the Raptors to win 30 to 40 games. An ESPN report last week had the Raptors winning 33 games.

Coach Dwane Casey, in his second season with Toronto, said the criticism can work in his young squad's favour.

"With that lack of respect, that should get us motivated to come into this gym each and every day to bust our tails." Casey said.

Casey is a big reason for Toronto's optimism. He took a team that was at the bottom of the league in defence to finish in the top half last season.

They finished in the bottom third in offensive stats, however — something Casey focused on with the benefit of a full training camp this season.

The team will look to centre Andrea Bargnani, who was having a breakout season last year before a calf injury cost the team's leading scorer 35 games, to provide a good chunk of its scoring.

Bargnani, the No. 1 pick from the 2006 draft, and Valanciunas could team up for a formidable front court. The Raptors selected Valanciunas with their No. 5 pick in the 2011 draft before leaving him in Lithuania for a year of development. The 20-year-old, touted as the future of the franchise, definitely gives Raptors fans something to be excited about — rare athleticism for a big man coupled with a puppy-dog enthusiasm for the game.

Acquired from the Houston Rockets after a failed bid to land Steve Nash, Lowry is expected to add heart and hustle to a Toronto team that hasn't had enough of either in recent seasons.

THE CANADIAN PRESS

Returning offence

Out of Toronto's returning players, athletic swingman DeMar DeRozan has polished his post-up game and, along with Bargnani, will be a focal point of Toronto's offence.

- He remains among the weaker starters defensively, however.
- "DeMar's one of the most talented wings in the league and he's learning every day to be efficient," Casey said.

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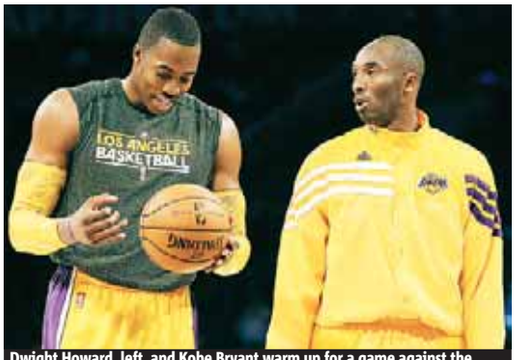
Lakers ready for showtime

Opening night. Bryant says playing with handful of superstars 'is very easy'


Dwight Howard, left, and Kobe Bryant warm up for a game against the Sacramento Kings on Oct. 21 in Los Angeles. STEPHEN DUNN/GETTY IMAGES FILE

It was with a smile that bordered on a smirk that Kobe Bryant answered the question on so many minds with the NBA regular season opening Tuesday night.

He was sitting at his locker in the Staples Centre, feet in a cold bath, his knees swathed in ice almost three hours after the mighty five of Bryant, Steve Nash, Pau Gasol, Dwight Howard and Metta World Peace had taken to the court for the first time as a group.

How, Bryant was asked, are the Lakers going to find a way to play together? How are they going to mesh such immense talent in a cohesive unit?

"Honestly," he said. "Playing with each other is very easy."

Watch out, NBA.

The Lakers are the team everyone's talking about as the season arrives, the newest Big Three — which is probably more a Big Four or a Big Five, truth be told — ready to lay waste to the rest of the league.

They have surefire Hall of Famers in Bryant, Nash and Gasol, as dominant a big man as there's been in a decade in Howard, and a World Peace, who appears more grounded and in better shape than he's been in a while.

It is an older group, a group chasing collective goals rather than individual accolades.

The Lakers, once and again a marquee franchise in a star-driven league, have one major difference with the reigning champion Miami Heat.

The Los Angeles Big Three — we'll count them as Bryant, Nash and Howard but Gasol should be there, too — have not enraged fans nearly as much as the Heat did when LeBron James and Chris Bosh joined forces with Dwyane Wade two seasons ago.

Quoted

"Hopefully we can win games off the bat, but this should be a work in progress all year, especially this offence."

Lakers point guard Steve Nash

By the numbers

0-8

Despite their newly revamped lineup, the Lakers finished winless (0-8) in the pre-season.

"I think we've got veteran guys — the first unit in particular has all been around — we know how to read and react and know the game," said Nash, at 38 years old the elder statesman of the group and the only one not to have made the NBA finals in his career.

"The difficulty is we've been 'The Guy' before so trying to relinquish some of that for the betterment of just the sum being greater than its parts is what we're working towards. It's still a challenge."

The Lakers host the Dallas Mavericks Tuesday night to tip-off their season.

TORSTAR NEWS SERVICE

New rules

NBA's goal: Stop the flop

It's not just the flopping that the NBA is trying to squash.

It's Reggie Evans looking like he was zapped by about 10,000 volts of electricity when his arm is hit while setting a screen.

It's Dwyane Wade trying to trick the referees by flinging his leg out on a jumpshot and falling to the ground when it makes contact with his defender.

Those were some of the examples the NBA used in a video sent to players and teams describing what will be subject to fines in the first season of a new program aimed at curbing the kind of acting jobs that have become prevalent throughout the league.

THE ASSOCIATED PRESS

NBA. LeBron's long wait for ring ends tonight

LeBron James is finally getting his championship ring.

Somehow, that seems like an ancillary element to opening night in Miami.

It's Boston versus Miami, a rematch of last season's Eastern Conference finals that went seven games before the Heat prevailed. It's Ray Allen versus the Celtics for the first time since he left after five seasons to join Boston's biggest current rival. And, oh, it's also the night where the Heat celebrate last season's championship with a splashy ring-and-banner ceremony.

"We'll honour and respect what we were able to accomplish before the game," Heat coach Erik Spoelstra said.

After that? All business.

On the eve of their season opener, both teams preached the same mantra — yes, it's a big game, but win or lose, both teams will still have 81 games left to go in the regular season when they wake up Wednesday morning.

"If we win, do we get a trophy? We get one win and that's it," Celtics coach Doc Rivers said. "And if we lose ... we get one loss and it doesn't mean we still can't win it."

THE ASSOCIATED PRESS

Quoted

"Game 1 doesn't determine who's the better team."

Heat forward LeBron James on Tuesday night's season opener against the Celtics

MLB

WORLD SERIES

(Best-of-7)
(San Francisco wins series 4-0)
Sunday's result
San Francisco 4 Detroit 3, 10 innings

Saturday's result
San Francisco 2 Detroit 0
Thursday's result
San Francisco 2 Detroit 0
Wednesday's result
San Francisco 8 Detroit 3

GIANTS 4 TIGERS 3, (10 INN.)

LATE SUNDAY NIGHT

San Francisco	AB	R	H	BI	BB	SO	Avg.
Pagan cf	5	0	0	0	0	2	.125
Scutaro 2b	4	1	2	1	1	0	.250
Sandoval 3b	5	0	1	0	0	2	.500
Arias 3b	0	0	0	0	0	0	---
Posey c	4	1	1	2	0	2	.267
Pence rf	4	1	1	0	0	3	.286
Belt 1b	3	0	1	1	1	1	.077
G.Blanco lf	4	0	1	0	0	2	.267
Theriot dh	4	1	1	0	0	1	.200
B.Crawford ss	3	0	1	0	0	0	.250
Totals	**36**	**4**	**9**	**4**	**2**	**13**	
Detroit	**AB**	**R**	**H**	**BI**	**BB**	**SO**	**Avg.**
A.Jackson cf	4	1	0	0	1	2	.231
Berry lf	3	0	0	0	0	0	.000
A.Garcia ph-rf	0	0	0	0	1	0	.000
b-D.Kelly ph	1	0	0	0	0	1	.000
Mi.Cabrera 3b	4	1	1	2	1	3	.231
Fielder 1b	4	0	0	0	0	2	.071
D.Young dh	4	1	2	1	0	2	.357
Dirks rf-lf	4	0	1	0	0	1	.111
Jh.Peralta ss	4	0	0	0	0	1	.067
Infante 2b	3	0	1	0	0	0	.333
Worth pr-2b	0	0	0	0	0	0	.000
G.Laird c	4	0	0	0	0	0	.000
Totals	**35**	**3**	**5**	**3**	**3**	**12**	

San Francisco	010	002	000	1—4	9	0
Detroit	002	001	000	0—3	5	0

LOB—San Francisco 5, Detroit 6. 2B—Pence (1). 3B—Belt (1). HR—Posey (1), off Scherzer; Mi.Cabrera (1), off M.Cain; D.Young (1), off M.Cain. RBIs—Scutaro (3), Posey 2 (3), Belt (1), Mi.Cabrera 2 (3), D.Young (1). CS—Belt (1). S—B.Crawford.
Runners left in scoring position—San Francisco 3 (Theriot, Posey, Pagan).
RISP—San Francisco 2 for 9; Detroit 1 for 1.
Runners moved up—Theriot, Berry. GIDP—Sandoval. DP—Detroit 2 (G.Laird, G.Laird, Jh.Peralta), (Fielder, Jh.Peralta, Dotel).

San Francisco	IP	H	R	ER	BB	SO	NP	ERA
M.Cain	7	5	3	3	2	5	102	3.86
Affeldt	1⅓	0	0	0	1	4	29	0.00
S.Casilla W, 1-0	⅓	0	0	0	0	0	5	0.00
Romo S, 3-3	1	0	0	0	0	3	15	0.00
Detroit	**IP**	**H**	**R**	**ER**	**BB**	**SO**	**NP**	**ERA**
Scherzer	6⅓	7	3	3	1	8	90	4.26
Smyly	⅓	0	0	0	0	0	5	5.40
Dotel	1⅓	0	0	0	1	1	18	0.00
Coke L, 0-1	2	2	1	1	0	4	27	2.70

Inherited runners-scored—Smyly 1-0, Dotel 1-0. HBP—by S.Casilla (Infante).
Umpires—Home, Brian O'Nora; First, Brian Gorman; Second, Joe West; Third, Gerry Davis; Right, Fieldin Culbreth; Left, Dan Iassogna.
T—3:34. A—42,152 at Detroit.

TENNIS

ATP

BNP PARIBAS MASTERS

At Paris, France
Singles — First Round
Carlos Berlocq, Argentina, def. Denis Istomin, Uzbekistan, 7-6 (7-2), 6-2.
Jerzy Janowicz, Poland, def. Philipp Kohlschreiber, Germany, 7-6 (7-5), 6-4.
Albert Ramos, Spain, def. Feliciano Lopez, Spain, 7-6 (7-5), 6-4.
Julien Benneteau, France, def. Viktor Troicki, Serbia, 6-4, 7-5.
Alejandro Falla, Colombia, def. Florian Mayer, Germany, 7-6 (7-3), 6-2.
Gilles Simon, France, def. Marcos Baghdatis, Cyprus, 7-5, 6-1.
Benoit Paire, France, def. Pablo Andujar, Spain, 6-3, 6-4.
Andreas Seppi, Italy, def. Martin Klizan, Slovakia, 6-2, 2-6, 7-6 (7-5).
Marcel Granollers, Spain, def. Mikhail Youzhny, Russia, 6-4, 6-3.
Kevin Anderson, South Africa, def. Thomaz Bellucci, Brazil, 6-2, 6-1.

TOUR MONEY LEADERS

(all figures in U.S. dollars)
Through October 29

1. Novak Djokovic	$8,172,445
2. Roger Federer	$6,624,842
3. Rafael Nadal	$4,997,448
4. Andy Murray	$4,693,850
5. David Ferrer	$3,031,706
6. Juan Martin del Potro	$2,344,623
7. Tomas Berdych	$2,256,209
8. Jo-Wilfried Tsonga	$1,960,882
9. Janko Tipsarevic	$1,625,979
10. Richard Gasquet	$1,336,384
Also:	
16. Milos Raonic	$1,151,015

WTA

TOUR MONEY LEADERS

(all figures in U.S. dollars)
Through October 29

1. Victoria Azarenka	$7,323,920
2. Serena Williams	$7,045,975
3. Maria Sharapova	$6,308,296
4. Agnieszka Radwanska	$3,851,542
5. Sara Errani	$3,157,511
6. Petra Kvitova	$2,132,875
7. Angelique Kerber	$1,972,362
8. Na Li	$1,880,646
9. Roberta Vinci	$1,729,166
10. Nadia Petrova	$1,687,493

NBA

Tuesday's games — All Times Eastern
Washington at Cleveland, 7 p.m.
Boston at Miami, 8 p.m.
Dallas at L.A. Lakers, 10:30 p.m.
Wednesday's games
Denver at Philadelphia, 7 p.m.
Indiana at Toronto, 7 p.m.
Houston at Detroit, 7:30 p.m.
Sacramento at Chicago, 8 p.m.
San Antonio at New Orleans, 8 p.m.
Dallas at Utah, 9 p.m.
Golden State at Phoenix, 10 p.m.
L.A. Lakers at Portland, 10:30 p.m.
Memphis at L.A. Clippers, 10:30 p.m.

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OT	SOL	GF	GA	Pt
Manchester	6	5	1	0	0	23	11	10
St. John's	8	4	4	0	0	21	26	8
Portland	7	3	3	1	0	31	29	7
Worcester	7	2	4	0	1	20	27	5
Providence	6	2	4	0	0	13	20	4

NORTHEAST DIVISION

	GP	W	L	OT	SOL	GF	GA	Pt
Springfield	7	5	1	0	1	21	12	11
Bridgeport	6	4	2	0	0	19	20	8
Connecticut	7	3	3	1	0	27	26	7
Adirondack	7	3	4	0	0	18	26	6
Albany	6	2	4	0	0	14	14	4

EAST DIVISION

	GP	W	L	OT	SOL	GF	GA	Pt
Norfolk	6	5	1	0	0	23	15	10
Syracuse	7	4	1	1	1	25	25	10
Binghamton	7	3	3	1	0	16	20	7
Hershey	7	3	3	1	0	21	21	7
W-B/Scranton	7	2	5	0	0	17	20	4

WESTERN CONFERENCE

NORTH DIVISION

	GP	W	L	OT	SOL	GF	GA	Pt
Rochester	8	5	2	1	0	33	29	11
Abbotsford	7	4	1	0	2	25	16	10
Lake Erie	8	5	3	0	0	27	19	10
Hamilton	6	3	2	1	0	15	18	7
Toronto	6	3	2	0	1	17	17	7

MIDWEST DIVISION

	GP	W	L	OT	SOL	GF	GA	Pt
Chicago	8	5	2	1	0	21	22	11
Rockford	8	4	3	0	1	21	21	9
Grand Rapids	7	2	3	1	1	24	28	6
Peoria	7	2	4	1	0	10	24	5
Milwaukee	6	2	4	0	0	12	18	4

SOUTH DIVISION

	GP	W	L	OT	SOL	GF	GA	Pt
Charlotte	8	6	1	0	1	32	18	13
Houston	7	4	2	1	0	27	19	9
Okla. City	7	4	3	0	0	24	22	8
Texas	7	3	4	0	0	15	23	6
San Antonio	7	2	4	0	1	14	20	5

Wednesday's game — All Times Eastern
Charlotte at Milwaukee, 8 p.m.
Thursday's games
Lake Erie at Peoria, 8:05 p.m.
Toronto at Abbotsford, 10 p.m.
Friday's games
Syracuse at Adirondack, 7 p.m.
Connecticut at Albany, 7 p.m.
Wilkes-Barre/Scranton at Manchester, 7 p.m.
Hershey at Springfield, 7 p.m.
Worcester at Providence, 7:05 p.m.
Hamilton at Rochester, 7:05 p.m.
Binghamton at Norfolk, 7:30 p.m.
St. John's at Portland, 7:30 p.m.
Lake Erie at Milwaukee, 8 p.m.
Houston at Oklahoma City, 8 p.m.
Chicago at Rockford, 8:05 p.m.
Grand Rapids at San Antonio, 8:30 p.m.
Toronto at Abbotsford, 10 p.m.
Saturday, Nov. 3
Albany at Adirondack, 7 p.m.
Hershey at Bridgeport, 7 p.m.
Rochester at Hamilton, 7 p.m.
St. John's at Worcester, 7 p.m.
Binghamton at Norfolk, 7:15 p.m.
Houston at Oklahoma City, 8 p.m.
Grand Rapids at Texas, 8 p.m.
Milwaukee at Peoria, 8:05 p.m.
Lake Erie at Rockford, 8:05 p.m.
Sunday, Nov. 4
Wilkes-Barre/Scranton at Bridgeport, 3 p.m.
Chicago at Charlotte, 3 p.m.
Manchester at Worcester, 3 p.m.
St. John's at Providence, 3:05 p.m.
Oklahoma City at San Antonio, 5:30 p.m.
Grand Rapids at Houston, 6:05 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
y-Kansas City	34	18	7	9	42	27	63
x-D.C. United	34	17	10	7	53	43	58
x-New York	34	16	9	9	57	46	57
x-Chicago	34	17	11	6	46	41	57
x-Houston	34	14	9	11	48	41	53
Columbus	34	15	12	7	44	44	52
Montreal	34	12	16	6	45	51	42
Philadelphia	34	10	18	6	37	45	36
New England	34	9	17	8	39	44	35
Toronto	34	5	21	8	36	62	23

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
y-San Jose	34	19	6	9	72	43	66
x-Real Salt Lake	34	17	11	6	46	35	57
x-Seattle	34	15	8	11	51	33	56
x-Los Angeles	34	16	12	6	59	47	54
x-Vancouver	34	11	13	10	35	41	43
Dallas	34	9	13	12	42	47	39
Colorado	34	11	19	4	44	50	37
Portland	34	8	16	10	34	56	34
Chivas USA	34	7	18	9	24	58	30

x — Clinched playoff berth.
y — Clinched conference.
Note: Three points for a win, one for a tie.
Sunday's results
Columbus 2 Toronto 1
Chivas USA 2 Dallas 2
Los Angeles 1 Seattle 0
END OF MLS REGULAR SEASON

CFL

WEEK 18

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Montreal	17	11	6	0	467	470	22
x-Toronto	17	8	9	0	402	451	16
Hamilton	17	6	11	0	498	533	12
Winnipeg	17	5	12	0	357	520	10

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-B.C.	17	12	5	0	462	348	24
x-Calgary	17	11	6	0	505	403	22
x-Saskatchewan	17	8	9	0	451	392	16
Edmonton	17	7	10	0	395	420	14

x — Clinched playoff berth.
y — Clinched division.
Sunday's result
Montreal 27 Edmonton 25
Saturday's results
Hamilton 28 Winnipeg 18
Toronto 31 Saskatchewan 26
Friday's result
Calgary 41 B.C. 21

WEEK 19

Thursday, Nov. 1 — All Times Eastern
Hamilton at Toronto, 7:30 p.m.
Friday, Nov. 2
Calgary at Edmonton, 9 p.m.
Saturday, Nov. 3
Montreal at Winnipeg, 3 p.m.
Saskatchewan at B.C., 10 p.m.
END OF CFL REGULAR SEASON

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	5	3	0	.625	262	170
Miami	4	3	0	.571	150	126
Buffalo	3	4	0	.429	171	227
N.Y. Jets	3	5	0	.375	168	200

SOUTH

	W	L	T	Pct	PF	PA
Houston	6	1	0	.857	216	128
Indianapolis	4	3	0	.571	136	171
Tennessee	3	5	0	.375	162	257
Jacksonville	1	6	0	.143	103	188

NORTH

	W	L	T	Pct	PF	PA
Baltimore	5	2	0	.714	174	161
Pittsburgh	4	3	0	.571	167	144
Cincinnati	3	4	0	.429	166	187
Cleveland	2	6	0	.250	154	186

WEST

	W	L	T	Pct	PF	PA
Denver	4	3	0	.571	204	152
San Diego	3	4	0	.429	154	144
Oakland	3	4	0	.429	139	187
Kansas City	1	6	0	.143	120	209

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	6	2	0	.750	234	161
Philadelphia	3	4	0	.429	120	155
Dallas	3	4	0	.429	137	162
Washington	3	5	0	.375	213	227

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	7	0	0	1.000	201	130
Tampa Bay	3	4	0	.429	184	153
New Orleans	2	5	0	.286	190	216
Carolina	1	6	0	.143	128	167

NORTH

	W	L	T	Pct	PF	PA
Chicago	6	1	0	.857	185	100
Minnesota	5	3	0	.625	184	167
Green Bay	5	3	0	.625	208	170
Detroit	3	4	0	.429	161	174

WEST

	W	L	T	Pct	PF	PA
San Francisco	5	2	0	.714	165	100
Arizona	4	3	0	.571	124	118
Seattle	4	4	0	.500	140	134
St. Louis	3	5	0	.375	137	186

WEEK EIGHT

Monday's result
San Francisco at Arizona
Sunday's results
Green Bay 24 Jacksonville 15
Indianapolis 19 Tennessee 13, OT
Chicago 23 Carolina 22
Miami 30 N.Y. Jets 9
Cleveland 7 San Diego 6
Atlanta 30 Philadelphia 17
Detroit 28 Seattle 24
Pittsburgh 27 Washington 12
New England 45 St. Louis 7
Oakland 26 Kansas City 16
N.Y. Giants 29 Dallas 24
Denver 34 New Orleans 13
Thursday's result
Tampa Bay 36 Minnesota 17

WEEK NINE

Thursday's game — All Times Eastern
Kansas City at San Diego, 8:20 p.m.
Sunday, November 4
Detroit at Jacksonville, 1 p.m.
Chicago at Tennessee, 1 p.m.
Denver at Cincinnati, 1 p.m.
Buffalo at Houston, 1 p.m.
Miami at Indianapolis, 1 p.m.
Carolina at Washington, 1 p.m.
Arizona at Green Bay, 1 p.m.
Baltimore at Cleveland, 1 p.m.
Tampa Bay at Oakland, 4:05 p.m.
Minnesota at Seattle, 4:05 p.m.
Pittsburgh at N.Y. Giants, 4:25 p.m.
Dallas at Atlanta, 8:20 p.m.
Monday, November 5
Philadelphia at New Orleans, 8:30 p.m.

TRANSACTIONS

MLB

AMERICAN LEAGUE

NEW YORK YANKEES—Exercise the 2013 contract options fon RHP David Aardsma, 2B Robinson Cano and CF Curtis Granderson.
OAKLAND ATHLETICS—Exercised the 2013 contract option on RHP Grant Balfour. Declined to exercise the 2013 contract option on SS Stephen Drew.

NATIONAL LEAGUE

LOS ANGELES DODGERS—Declined to exercise the 2013 contract options on RHP Todd Coffey, OF-1B Juan Rivera and C Matt Treanor.
MILWAUKEE BREWERS—Reinstated 1B Mat Gamel, SS Alex Gonzalez and LHP Chris Narveson from the 60-day DL. Agreed to terms with INF Hector Gomez on a minor-league contract.

NBA

DALLAS MAVERICKS—Waived G Delonte West.
OKLAHOMA CITY THUNDER—Exercised its third-year option on G Reggie Jackson.

CYCLING

TEAM SKY—Announced sports director Steven de Jongh has left the squad after admitting to doping during his cycling career.

NFL

INDIANAPOLIS COLTS—Waived RB Mewelde Moore and NT Antonio Dixon. Promoted DB Marshay Green and FB Robert Hughes from the practice squad. Signed CB Teddy Williams to the practice squad.
MINNESOTA VIKINGS—Signed G Tyler Holmes to the practice squad. Waived DE Ernest Owusu from the practice squad.

CFL

CFL—Suspended Toronto LB Brandon Isaac one game for an illegal hit on Saskatchewan QB Darian Durant during an Oct. 27 game.
CALGARY STAMPEDERS—Signed DL Teryl White to the practice roster.

NLL

BUFFALO BANDITS—Agreed to terms with D Derek Suddons on a one-year contract.

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Isaac on the receiving end of a one-game suspension

Toronto Argonaut Brandon Isaac hits Winnipeg Blue Bombers quarterback Buck Pierce during CFL action in Winnipeg on Sept. 29.
JOHN WOODS/THE CANADIAN PRESS FILE

CFL. Argonaut's latest helmet-to-helmet hit draws league's wrath for the third time in 2012

The third time proved very unlucky for Toronto Argonauts linebacker Brandon Isaac.

The CFL slapped Isaac with a one-game suspension Monday for delivering a helmet-to-helmet hit on Saskatchewan Roughriders quarterback Darian Durant on Saturday.

Isaac wasn't penalized on the play.

This marks the third time the CFL has disciplined Isaac this season.

He was fined both previous times, the first for an illegal hit on Calgary Stampeders tailback Jon Cornish on Aug. 18.

Isaac received a second fine for a helmet-to-helmet blow against Winnipeg quarterback Buck Pierce on Sept. 29.

Toronto cemented second place in the East Division standings with a 31-26 road win over Saskatchewan and will cap its regular season hosting the Hamilton Tiger-Cats on Thursday at Rogers Centre.

The Argos said in a statement they expect Isaac will serve the suspension and sit out Thursday's game, though he has the right to appeal the suspension and send the matter to an independent arbitrator for consideration. That would allow Isaac to play Thursday but potentially miss the Argos' playoff game should the arbitrator reject the appeal.

THE CANADIAN PRESS

Given a timeout

The league's only other suspension this season was assessed to B.C. Lions defensive lineman Khalif Mitchell — a two-game ban — for bending the arm of an Edmonton Eskimos offensive lineman in a game July 20.

NHL

Winter Classic expected to be cancelled Friday

The Winter Classic is next on the chopping block.

Barring unexpected progress in the NHL's labour talks this week, the league's signature Jan. 1 event will follow the 326 regular-season games already wiped from the schedule. The formal cancellation is expected to be made by Friday, according to a source, just ahead of a deadline built into the NHL's contract with the University of Michigan.

The deal struck with the school for the rental of Michigan Stadium last February included a "work-stoppage cancellation" clause that allows the NHL to call off the game as late as Friday for a penalty of $100,000.

This season's Winter Classic between the Toronto Maple Leafs and Detroit Red Wings was billed as the biggest in the event's six-year history. Organizers were expecting a crowd that would eclipse the world record of 104,173 who attended the "Big Chill" NCAA game at the University of Michigan in 2010.

Brian Cooper, the president and CEO of S&E Sponsorship Group, which represents a number of corporate clients who do business with the NHL, estimated this season's event was poised to generate about $3 million in corporate sponsorships, not to mention revenue lost from ticket and merchandise sales that are unmatched on any other single day during the NHL season.

THE CANADIAN PRESS

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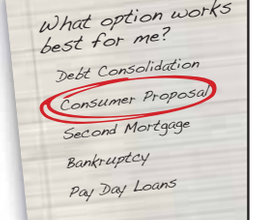

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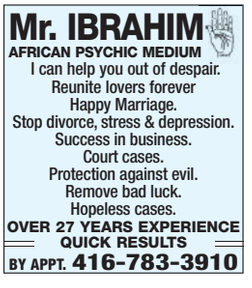

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Horoscopes

Aries
March 21 - April 20
You will make your needs and desires known with ease today. Partners and colleagues will "get it" instantly, not least because you have such a straightforward way of expressing yourself. Try not to be rude though.

Taurus
April 21 - May 21
Others will do your bidding with no questions asked. With the Sun and Pluto on good terms, you have that imperious air that compels people to do what you say. Whether it's good for you, or them, is another matter.

Gemini
May 22 - June 21
Push your suspicions to one side and learn to trust the people you work and do business with. If you hesitate or hedge your bets, you may look back later and mentally kick yourself for being so timid.

Cancer
June 22 - July 23
Good news of one sort or another will come your way over the next 24 hours. Most likely it will have something to do with a long-term creative project or an affair of the heart — or maybe both.

Leo
July 24 - Aug. 23
You won't have to make much of an effort today — the world will come to you. Everything seems to be happening at just the right time and in just the right way. Make the most of this lucky streak.

Virgo
Aug. 24 - Sept. 23
Before you allow yourself to get annoyed with someone, make sure you have heard them right and make sure you understand what they are trying to say. It could be your own understanding that is at fault.

Libra
Sept. 24 - Oct. 23
Today's Sun-Pluto link is good for family and financial matters, and if you act quickly and decisively you will make some kind of breakthrough. Don't sit back and wait for things to happen. Go out and make them happen.

Scorpio
Oct. 24 - Nov. 22
This is a great time for getting things done, and a great time for travelling and socializing too. If you have been daydreaming about making an escape, this could be the day when you do it for real.

Sagittarius
Nov. 23 - Dec. 21
Your fortunes will change for the better over the next few days but there is no point trying to rush things. The Sun in the most sensitive area of your chart indicates you will achieve more by doing less.

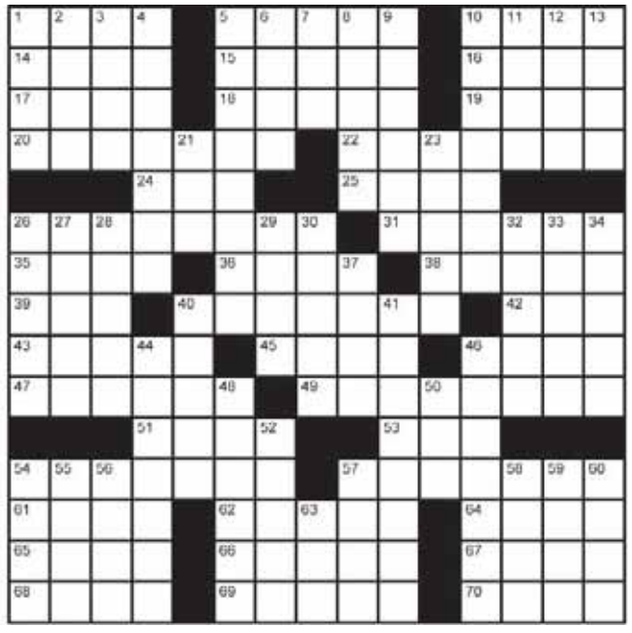
Capricorn
Dec. 22 - Jan. 20
Pluto in your birth sign makes you ultra ambitious but today's link to the Sun means you need to let those you are working alongside make more of an input. They've got some good ideas too you know.

Aquarius
Jan. 21 - Feb. 19
Quality is always more important than quantity, so slow down a bit and focus on the one thing you are really good at. You don't have to do everything to be a success. Identify your niche.

Pisces
Feb. 20 - March 20
The cosmic picture is so favourable at the moment that you have every reason to believe that life will just keep on getting better. Today's Sun-Pluto link urges you to be more dynamic. Take what it is you desire. **SALLY BROMPTON**

Miscellany

BY MICHAEL WIESENBERG



Across
1. ___ Scotia
5. Slurpees' competitors
10. Carriage horse's pace
14. Figure skater's leap
15. Engine supercharger, for short
16. Arranges crookedly, as a prizefight
17. Albanian neighbour
18. Distribute, as confetti
19. Southern California's best-known university, for short
20. Rabbit ears, e.g.
22. Third-largest municipality in 4-Down (2 wds.)
24. Kanga's child in the Winnie-the-Pooh books
25. Elm or oak
26. Come ___: go to pieces, behaviourally
31. Discolors
35. "And ___ word from our sponsor" (2 wds.)
36. Bird feeder food
38. Bad news for a taxpayer
39. Island: Fr.
40. R.B. ___: 11th Prime Minister (1930-35)
42. Big event for a dot-com: initialism
43. Like a wave, sometimes (when overwhelming)
45. Fly high
46. Lion's bellow
47. Having good placement in a race or tournament
49. Member of a Montréal CFL team
51. ___ Krishna
53. 1960s counterculture hallucinogen
54. Firmly fastened, like the seams on Levis
57. Hubbub
61. Hertz Rent-_-___
62. "It's ___!": phrase of confirmation for an assignation (2 wds.)
64. Canada's largest petrol company
65. Ontario-born *Scream* star Campbell
66. *The ___ of Anne Frank*
67. In addition
68. Alumnus, for short
69. Circus animals that balance balls
70. Legal wrongdoing

Down
1. US space gp.
2. Yoked beasts
3. Green: Fr.
4. "Wild Rose Country" province
5. Defeatist declaration (3 wds.)
6. ___ deal: reach an agreement (2 wds.)
7. Flub
8. TV movie critic Roger
9. Farmers, when they strew seeds
10. 15th PM (1980-84)
11. Asian staple grain
12. Stare at
13. Pre-1917 Russian leader
21. And not
23. Coup _'___: political rebellion
26. Apartments
27. "It's the truth!" (2 wds.)
28. Stockholm native
29. Religious sisters
30. Columbus's birthplace
32. Numskull
33. ___ your heels: bite on like a puppy (2 wds.)
34. Emporium
37. Blue shade
40. Sheep's cry
41. Streetcars
44. Stuck (to)
46. Beef or lamb, but not pork (2 wds.)
48. Expects the worst
50. Can. neighbour
52. Murphy of *48 HRS.*
54. Resounded
55. Baker's frosting tool
56. "___-voom!"
57. Bottom-row PC key
58. Norway's capital
59. Soviet Union: initialism
60. Cheer (for)
63. Small battery

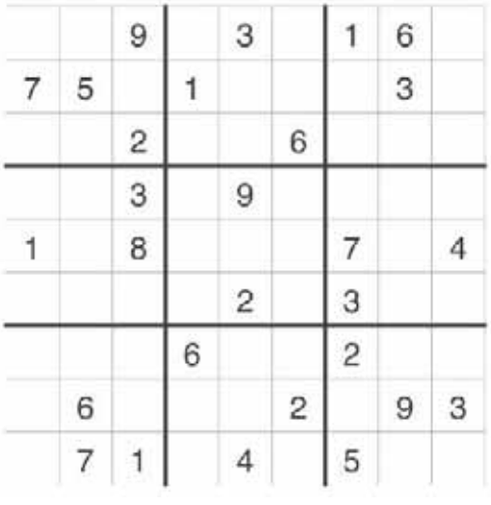
Yesterday's Crossword

What's online

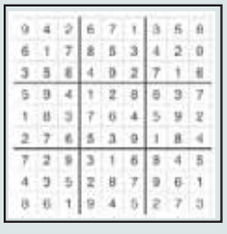
See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.



Yesterday's Sudoku



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